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Food, Page 1C

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Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS
BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 20, NUMBER 30

WEDNESDAY, APRIL 17, 1996

FIFTY CENTS



Students at Harris School are keeping a chart of the different types of books they have read in their quest to improve reading skills. They are standing in front of the actual books arranged as a chart.

School celebrates reading

By Scott Cousins
Staff writer

Reading is important.

In fact, students at Harris Elementary School in Granite City are learning to help your eyes and brain, and the right stories teach good lessons — like don't mess with witches and goblins and "stuff like that."

As part of the school's promotion of the Year of the Reader, fourth-grade teacher Rebecca Sedabre and Barbara Vrabec kept busy last week. Eight Harris

students are participating in the conference Saturday at Southern Illinois University at Edwardsville.

Activities at the school ranged from silent reading to an appearance Friday by the March Hare from Lewis Carroll's "Alice in Wonderland" — Sedabre in a bunny suit and pocket watch.

On Tuesday, students lined up their favorite books up on the playground outside the school in a graph, showing how many and what kind of books they have read. (See READING, Page 7A)

Dreams come true for siblings

By George Winkler
Staff writer

Two years ago, when 6-year-old Codie Sitzke of Hillsboro got his first chance to practice out onto the artificial turf during a baseball clinic at Busch Stadium, his sister, Jennilee, was "stuck" at Grandma's house doing something like baking cookies.

While Codie experienced the thrill of pitching, hitting and throwing on the field that day, the likes of Lou Brock and Ozzie Smith play on it. Jennilee was left to wonder what it would have been like if she had had the chance to step into the limelight with her brother.

Well, much has changed in the two years since Codie got to be a Cardinal for a day, but lucky for him and Jennilee, they will prides itself on keeping traditions alive.

On Friday evening, 8-year-old Jennilee Sitzke (See DREAMS, Page 2A)

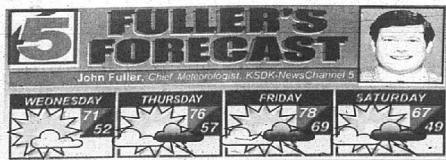


At home plate for ceremonies on Suburban Journals Night at the ballpark are, from left, Thomas E. Rice, president and CEO of the Journals; Roy Heimburger, chairman and CEO of Alliance Blue Cross/Blue Shield; Mark Lamping, president of the St. Louis Cardinals; Jack Michelson; Jennilee Sitzke; and Codie Sitzke.

In the Journal

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Petition seeks later bus hours

More than 200 area residents are calling on the Madison County Transit District to extend bus service on weekday evenings and on weekends.

Nearly 210 residents have signed a petition circulated by Alton resident

"It seems that we are being held prisoners," Smith said in a letter that accompanied the petition.

"Some people cannot afford a car and the bus is their only means of transportation."

Smith wants buses to run on Sundays and be extended beyond 5:30 p.m. until at least 9 p.m. on weekdays.

She said she has ridden buses to take classes at Southern Illinois University at Edwardsville.

(See PETITIONS, Page 2A)

Tax assessments to be published

Property tax assessments for 1995 in Granite City, Nameoki, Chouteau and Venice townships will appear in the Press-Record on Thursday, April 18.

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Alcohol consumption by pregnant women can lead to fetal alcohol syndrome, birth deformities, behavioral problems and even retardation.

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It is unknown how much alcohol will put a baby at risk, so it's best not to drink at all while pregnant.

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LOCAL NEWS

•Dreams

(Continued from Page 1A)

was standing next to her brother in the Cardinals' administrative offices, looking around, not realizing her dream had come true.

Jennilee, who had won a Journal contest to throw out the ceremonial first pitch before the game between St. Louis and the Philadelphia Phillies on Journal Night with the Cardinals and Alliance Blue Cross/Blue Shield, chose Codie to be the catcher.

Jennilee could think of no better birthday present to give her brother. Surrounded by their mother and stepfather, Rhonda and Kent Johnson, and their stepister, Heather Gerditz, Codie and Jennilee were racing to head out of the offices and to the field when the time finally came.

Codie had his Spiderman sneakers laced tight and wore a Ken Griffey Jr. autographed mitt on his left hand. Jennilee had her mitt tied back in a ponytail and a smile stretched her pale cheeks. Perhaps she was a bit nervous because she said she didn't know any of the players' names.

When asked if he was nervous, Codie said, "No, not really. I just want to catch the ball."

He made it to his position behind home plate, and rookie Jennilee strode all the way to the front of the dugout to the edge of the pitching mound. She wound up and uncorked a pitch that dipped into the dirt, grazed the webbing of Codie's glove and trickled behind him to the right of home plate.

When Codie went to retrieve the ball, Cardinals backup catcher Danny Sheaffer was waiting for him. Sheaffer met Codie with a handshake before he plunked the ball down into Codie's mitt. This stunned Codie just long enough for Jennilee to swoon in and from home plate laughing ecstatically.

The boys and girls of baseball are the focus of a season-long series of promotions under the "Cardinals Club" banner that are jointly sponsored by the Suburban Journals, St. Louis Cardinals and the St. Louis Cardinals Club.

Each week, a local high school sports star will be featured as athlete of the week. A Cardinals Club banquet will be held each year to honor the local athletes. In addition, there will be a weekly youth sports squad selected as the Cardinals Club Team of the Week.

Sports Replay is a program where used sports equipment can be donated by the public to be used by children who otherwise may not have any. Sports Replay barrels currently are located in all Shop 'N Save stores.

Several other Cardinals Club features are planned, including profiles of Cardinals' players, full-color pull-out posters and children's mini-pages.

In August, the cream of the local baseball talent will be featured in an all-star game of players from the St. Louis Armature Baseball Association. The Aug. 11 game will be played following the 1:15 p.m. contest between the Cardinals and the San Francisco Giants.

•Petitions

(Continued from Page 1A)

"There are some classes offered in the evening and I couldn't take them because there was no service after 5:30," Smith said. "Many people, she said, can't get to the grocery store except by bus."

Jerry Kane, the district's managing director, said petitions are received only rarely, but "we get these kinds of requests all the time for improved services in certain areas and specific situations."

Kane said the petition and other requests for added service will be taken into account during preparation of a long-term transportation plan for the county, now under way.

Bucher, Willis and Ratliff, a Kansas City-based consulting firm, has undertaken a yearlong study that will help shape county transportation priorities for decades.

He said the district will also consider running buses more often that the present one-hour intervals.

"There are areas in Alton and the Tri-Cities that need more frequent service or the number of riders that use the buses at a given time of day," he said.

Kane said adding Sunday service would be significantly more costly than adding services on other days of the week because the district now has no Sunday operations.

—From The Telegraph

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Police seeking bank robber

Bank in Alton is robbed of undisclosed amount

Alton Police are searching for a lone thief who strolled into the BANK of Edwardsville early Thursday afternoon and robbed it of an undisclosed amount of money.

According to Alton Police Maj. David Hayes, a stocky man wearing sunglasses and a dark baseball cap held up the bank about 1:30 p.m. and waited for a customer to leave the bank at 324 Ridge St. before presenting a teller with a note.

The man said he had a gun but did not display it, Hayes said.

The robber put a plastic grocery bag on the counter in front of the teller, Hayes said. The teller put money in the bag and the man fled the bank, running east on Ridge Street and down an alley, Hayes said.

Witnesses told police he may have escaped in a dark blue, two-door Chevrolet Blazer or Ford Bronco that was

parked in a lot behind a tavern in the 700 block of East Broadway. Hayes said the vehicle was a small sport-utility vehicle, but is unknown what state license was on the vehicle.

No one was injured in the robbery, police said. Four bank staffers were working at the bank and there were no customers on the premises during the robbery, Hayes said.

He declined to reveal how much money was taken.

Rich Watson, Bank of Edwardsville senior vice president of operations, said he was relieved to report that "everyone is fine." The bank staff was "following normal procedures and nothing like this happened," he said.

The bank had closed for the remainder of the afternoon, Watson said.

Believing the man may have headed toward East Alton, police there were

stopping vehicles that matched an earlier description of the robber's vehicle, a witness said.

Hayes described the robber as dark-haired with a stocky build and a mustache. The man wore black sunglasses with a white leather cap with its bill pulled down, white tennis shoes, blue jeans and a thin, dark-colored jacket.

In the minutes following the robbery, police officers, detectives and FBI agents scoured the bank and surrounding neighborhood for clues.

Hayes said the investigation will be a joint effort between Alton police and federal agents.

Anyone with information on the case is asked to call Alton police at 463-3505, the department's anonymous tip line, 465-9948, or the FBI office in Alton at 465-1024.

From The Telegraph

Letter, decorations are part of grave vandal's sentence

The hands that helped desecrate a woman's grave in 1994 will decorate her resting place on holidays.

Michael Marco of Edwardsville has been spared a prison sentence for his role in the April 4, 1994, vandalism of a grave at St. James Cemetery.

Instead, the 19-year-old was ordered by a judge Thursday to write the woman's family a letter of apology and to tend a grave on Christmas and Memorial Day over the next 52 weekends in the Madison County Jail.

Marco, who gave an address in the 100 block of Brown Street, is the third defendant to be found guilty in the case. On April 20, 1994, Worden was sentenced to two years in prison and Robert Stover, 29, also of Worden, was sentenced to boot camp for four months for their roles.

Marion County Associate Judge Larry Keshner told Marco he could not justify sentencing him to prison because Marco apparently had second thoughts about breaking into the woman's vault.

"This was willful and disgusting words cannot characterize the contempt I have for what you did," Keshner said. "The victims in this case were totally defenseless. They had no

way to protect themselves. In view of your retreating from the crime scene and convincing your cohorts to do likewise, I'm in a position to treat you a little differently."

Marco reportedly left the cemetery when his family was there to pay their respects. The three were accused of digging four feet into the ground to uncover the grave's vault. The vault was broken when a large gravestone was dropped on it. The concrete was damaged but the woman's remains were untouched.

Keshner said Marco had apologized to the woman's family, but was advised by his attorney to hold off until he was sentenced.

Marco pleaded guilty to a criminal property damage charge in August. A farmer discovered the violated grave and 23 toppled gravestones in the cemetery on Illinois Route 159 in Fort Robinson, Marion County.

Marco was placed on 30 months' probation and ordered to spend weekends in the County Jail for one year, write the letter of apology, decorate the grave for two years, reimburse the woman's family \$1,000 for the damages and participate in alcohol and drug evaluations.

Keshner ordered Marco to send him a copy of his apology so he can review it.

•War

(Continued from Page 1A)

Roberts was "a joy to be around. He was a young man used no profanity, loved home, and family, and we were very close friends," McKeithen wrote.

McKeithen fought side-by-side with Roberts — whom he knew only by his nickname "Whit" — in May and June of 1944. McKeithen said he was pleased that Roberts had been wounded in combat and not mortally — because he thought at the time that Roberts might be sent home.

But Roberts quickly returned to the second platoon.

"I remember regretting so strongly that he had come back up front, for I had seen it happen too many times that once a fellow was wounded and had a chance to stay off a few days, a week or a few months, so often he was killed on the second try," McKeithen wrote.

The two men served together for a couple of more weeks before McKeithen was transferred out of the second platoon.

"Well, as fate would have it, some time in October," as the rainy season and the cold days were upon us, we were fighting in the mountains north of Bologna, Italy," McKeithen wrote.

The big tents were sheltering us rather badly, so in order to get some temporary shelter, the second platoon ran into an old stone farmhouse and went into the basement. A Tiger tank of the Nazis, the German term "Nazi" rather than the German word "Tiger," because the soldiers were just as human and humanitarian as we were, but it was the Nazi machine — the brutal German machine — that killed Hitler and his crew that kept up the cruel acts of war, pulled up over the hill and blew the house down on the second platoon and killed all of them but one, McKeithen wrote.

Cook said she was glad to find out about her brother after all of these years.

"We didn't know any of this until just now," she said. "It's just too bad Mom died before she could read this."

Spaghetti dinner Sunday

A spaghetti dinner, sponsored by the Trails and Coun-

cil of the Illinois Federation of American Religious Committees, will be held from 11 a.m. to 3 p.m. Sunday at the Granite City Township Hall.

The cost is \$10 for adults and \$3 for children 12 years of age and younger.

Rabies clinic set for Saturday

Dr. Timothy Holt and the staff of Belmar Animal Hospital have scheduled a rabies clinic from 1 to 3:30 p.m. Saturday, April 20, at the Humane Shelter, located on Route 3 in Granite City.

Vaccinations will be available for both dogs and cats. Prices for dogs are \$9 for rabies shot, \$8 for distemper, \$10 for leptospirosis and \$10 for coronavirous. Prices for cats are \$9 for rabies, \$8 for distemper, \$8 for upper respiratory and \$10 for leukemia.

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LOCAL NEWS

Granite City Journal-April 17, 1996-Page 3A

Bellcoff also honored

AMVETS post presents new flags to Madison

By Scott Cousins
Staff writer

The city of Madison received new flags for Madison Avenue, and Mayor John Bellcoff received an award for service on the Southwestern Illinois Municipal and Regional Planning Commission during presentations at last week's council meeting.

At the start of the meeting, AMVETS Post 204 gave the city flags and poles to replace the ones on Madison Avenue.

After the presentation, Tom Wobbe, executive director of SIMAPC, gave the council a new set of city maps, then told Bellcoff he was receiving a Distinguished Service Award from the organization.

Bellcoff has been a member of SIMAPC since June 1967, and was elected to the commission's executive committee from 1971 to 1980, 1985 to 1988 and from 1994 to 1995. He was also president of the commission in 1972 and 1977.

Bellcoff said the presentation was a complete surprise and left him "speechless."

In other business the council received a bid

of \$2,850 from AJB Earth Sciences of Collinsville to perform testing for asbestos contamination in the interior of the new city hall building. The company would also perform exterior testing for asbestos contamination because a service station had been located next to the property at 615 Madison Ave.

The council voted to allow the Finance Committee to talk to Magna Bank about the cost of the new city hall.

The council also approved allowing the city to deal with other banks on the financing of the building's renovation, expected to cost up to \$200,000.

In a related matter, a bid of \$28,800 was accepted from Ryan Roofing for the repair of the building's roof.

Alderman Norris Horton, a strong opponent of moving city hall, voted against accepting the building's roof.

He also voted against paying \$4,725 to Environs Architect Planners for design work on making the new city hall handicapped accessible. The amount is the first installment of a total cost of \$14,275 for design work by the company.

Drug prevention conference Thursday

By Ron Wisdom
Staff writer

In an attempt to promote healthy lifestyles, the Illinois Network To Organize the Understanding of Community Life (InTouch) will be holding its 10th Annual Alcohol, Tobacco and Other Drug Prevention Conference.

The event will be held on Thursday, April 18, from 8:45 a.m. to 1:35 p.m. at the Gateway Center in Collinsville. The conference is for area students in grades 6-12 and pre-registration is required. Registration will be taken until Wednesday.

The conference will be opened with a keynote presentation entitled, "Natural Highs." Students will then have the opportunity to attend a variety of break-out sessions.

Some of the topics that will be covered in the sessions include dating relationships, depression/teen suicide, the hidden costs of alcohol, tobacco and drug use; and smoking/smokeless tobacco hazards.

"Drug prevention is our biggest issue," said L. Michelle Lewis, InTouch specialist. "But there will also be discussions on a variety of family and issues that tie in to this problem."

In addition to the discussion sessions, there will be performances of drama skits by the Bellcoff Ensemble, the East St. Louis Senior High School Homecoming and members of the Belleville Teen Center High School Board of Directors.

Madison schedules registration for full-day kindergarten

Madison Community Unit School District 12 will offer full day kindergarten to all children, beginning with the 1996-97 school year. To help with planning, all parents and guardians are asked to register their children.

Children who will be 5 years of age by Sept. 1, 1996, will be eligible to register for kindergarten classes, according to school officials.

To register a child for kindergarten, the parent or guardian must present either a birth certificate or some other legal proof of birth, a copy of the child's immunization record and their Social Security number.

School officials said registration will be held May 1, 2 and 3 at the appropriate elementary attendance center.

During this time, various components of your child's development will be assessed. Call the school the week of April 22 to make an appointment.

The kindergarten registration schedule is as follows:

Bellcoff School, 876-4818, Bernard Long, principal, 1 to 7 p.m. Wednesday, May 1.

Harris School, 877-6884, Dave Becherer, principal, 1 to 7 p.m. Thursday, May 2, and 1 to 4 p.m. Friday, May 3.



(Staff photo by JOHN FRESE)

Jubilee — Brenda Whittaker, Charlie King, Cindy Sadler, Rosemarie Brown, Elmer Stille, R.C. Bush and Mel Wilmsmeyer with some of the merchandise commemorating the Granite City Centennial and the Park District's Diamond Jubilee. The items may be purchased at the Centennial Office in Bellmore Shopping Center. Sweatshirts are \$16, golf shirts are \$19, tees \$9, caps \$10 and golf towels \$6. Proceeds go to support the centennial and park district events.

Grant to help relieve drainage woes

WOOD RIVER — An unexpected \$100,000 grant will help relieve drainage problems that have plagued a neighborhood for years.

The Madison County Board's Grants Committee decided to pay out the grant with 1995 federal Community Development Block Grant money that had been allocated to the village of Pierron.

The money became available when Pierron decided to join a new water district.

"We are extremely happy," Wood River City Manager Joey Tolbert said. "We will be expedited in putting together the actual project and get it done as soon as possible."

The project will include new paving, surfacing and gutters along Elbie Avenue between State Street and Old St. Louis Road and along a

short section of Murray Street.

Drainage is poor in the area and rainstorms create ponding on the streets and in yards.

"The project will control runoff in a more efficient manner," Tolbert said. "It's a problem that has existed for a long time, and the grant was the last source for funding."

Wood River had asked for grant money last year but lost out.

Public Works Director Tim Palermo said public engineering is done and the project could be completed this year.

"I'd almost forgotten about it because we didn't have the money. There's no way the city could have done it. We had to cut the budget \$1.3 million this year."

From the Alton Telegraph

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Video workshop set on parenting

By Barbara Ponder
Staff writer

By focusing on their own conduct, parents can enrich their family life and watch their children's misbehavior transform into positive behavior.

Jerry Bronstein of the Parent Education Project said parents can learn specific ways of interacting with their children to enhance family life. These skills include reducing power struggles by learning to offer children choices, building children's self-esteem by "catching them being good" and encouraging appropriate behavior by learning to respond effectively to children's behavior.

The Parent Education Project, a local school districts are hosting Partners in Parenting, a series of free video-based workshops.

The workshops are being held from 10:30 a.m. to 12:30 p.m. on consecutive days through May 11 at school districts' facilities. They began April 13.

Each participating school district is providing trained leaders as workshop facilitators.

The workshops use video programs developed by

'Tulip Time' trip still open

Reservations may still be made for the three-day trip sponsored by the Granite City Park District to Pella, Iowa, May 10-12 for the 61st Tulip Time Festival.

This quaint Dutch community goes all out with Dutch dancers, street scrubbing, Dutch marketplace, special baked goods, butcher shops and huge parades, among other activities.

The streets will be lined with tulips, and formal gardens are in bloom. Friday and Saturday will be spent in Pella, while Sunday will include a visit to one of the German colonies in Amanda, Iowa, where a family meal will be served. At the famous Ox Yoke Inn Shopping Time will be allowed there in the many stores, including the Woolen Mill and lace shops.

The cost of the trip is \$186 for a single room, \$161 per person for two to a room, \$143 per person for three to a room and \$133 per person for four to a room. This includes the bus, lodging and five meals.

IT PAYS TO READ THE JOURNAL CLASSIFIEDS!

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You have just one day, April 20, to see this 1996 Limited Edition figurine from the Enesco Precious Moments Collection.

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- ★ Drawings and giveaways
- ★ A peek at the Precious Moments Fall introductions on video.

JAN'S Hallmark

Michael H. Popkin, a nationally recognized expert in parenting. The video programs show families in real-life situations. These situations are analyzed, and solutions are presented.

The April 20 workshop is for parents of children ages 2

through 12 and focuses on "Becoming the Best Parent You Can Be."

Parents may attend as many of the workshops as they wish. No reservations are required, but registration is requested for planning purposes.

Partners in Parenting is

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Retired teachers to meet April 26

The annual spring meeting of the Madison County Illinois Retired Teachers Association will be a combined one featuring Units 1, 2 and 3 Friday, April 26, at the Moonlight Restaurant, 3400 Fosterburg Road, Alton. Registration will begin at 10:30 a.m. The meeting will follow at 11 a.m.

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POST-DISPATCH not at home in the suburbs

In St. Louis, a Flagship Is Forced to Play 2d Chair

By EVER PETERSON

ST. LOUIS, March 26 — The editor of The St. Louis Post-Dispatch, William F. Woo, is one of the country's most prominent newspapermen, but he is not relishing the news that he was being forced out of his job. Mr. Woo was among the last to know.

Mr. Woo was in Europe on vacation late last month when he was told by publisher Nicholas G. Bonnerman 4th, that the newsroom staff that a new editor, yet unnamed, would be named in a few days. Mr. Bonnerman, the Pulitzer Publishing Company's efforts to turn the ailing flagship by imposing a more businesslike image, is in the process, the paper is losing its preeminent position in the family that includes thriving television stations and bookstores scattered from the Carolinas to the deep South.

"I came home to find the broadcast media reporting that I had been fired, my minister, Rev. Dr. John Pennington, was praying for me, my children were asking, 'What's going on, Dad?'" said Mr. Woo, who is 60 and has been editor since 1974. "So there was a certain amount of fact — associated with the circumstances — with which this thing happened."

The chairman of the board, Mr. Bonnerman, a nationally respected editor and columnist, paper editor, also ploughed the paper into turmoil, as the two men faced off about 270 questions, everything from its most recent not perfect.

"I would have preferred that it was not the most elegant way to release the news,"

Mr. Bonnerman said.

But the publisher, who is also the corporate president for news, made it clear that the paper's future was uncertain and that cutting costs at The Post-Dispatch included reducing the payroll by 300 jobs, most

Under the leadership of Joseph Pulitzer 3d, shown at right with his brother Michael in 1901, The St. Louis Post-Dispatch enjoyed a reputation as a leading newspaper. Michael E. Pulitzer is now chairman of Pulitzer Publishing.

Continued on Page C6

Photo: AP Wirephoto

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IDOT preserving area as natural wetlands

A small fenced-in patch of ground near Illinois Route 143 doesn't look like much of a natural wetland area, but officials say there is a serious purpose in saving the area, even though it occupies less than an acre.

The low-lying area just off Route 143 near Wood River, which has an intersection with the highway, is an area that is being preserved by the Illinois Department of Transportation to meet federal requirements.

And while the area has grown more corn in recent years, in addition to cattle, environmentalist Tom Bensman said that little wetlands area will serve a useful purpose.

"The reason we're having the floods is that 90 percent of the wetlands have been destroyed. Wetlands are important at holding water," said Bensman, environmental chairman for the Sierra Club's Pisces Palisades Chapter.

The typical natural wetland has huge trees, sometimes more than 100 years old, and other plants that take in large amounts of water and release it into the atmosphere over time, he

said. Bensman said there is strong scientific evidence that every 1 percent increase in wetlands area means a 4 percent reduction in the level of a peak flood.

Vic Modder, a program development engineer for IDOT, said the eight-tenths of an acre off Route 143 was a once a natural wetlands known as Smith Lake before it became part of a farm.

He said the department acquired the site as it was buying property for the Alton Bypass, which will eventually extend Interstate 255 from near Glen Carbon to Godfrey.

It is being converted to a wetlands again as part of the department's obligation under the federal Clean Water Act to create five new acres of wetlands for every acre destroyed by highway construction.

The Smith Lake wetland will partially offset wetlands that will be paved over by the Alton Bypass and Route 143 improvements, Modder said.

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•Help

(Continued from Page 1A)
weatherization assistance and \$100 a month for help to households where utilities have been disconnected.

U.S. Sen. Carol Moseley-Braun said in a news release Friday that nearly 20,000 eligible Illinois households denied assistance last year and about 50,000 eligible households will be denied help this year. The program helps about 6 million low-income households across the country.

"In our race to balance the budget, we must be mindful of the people behind the numbers," she said.

•Reading

(Continued from Page 1A)

"Yesterday we had the kids out in the hall to read silent books that they like," Sedabres said Tuesday. "Then we categorized the books and had them bring the books to me."

Quinton Edwards, a fourth grader, said he thinks reading is "really important" and his favorite book is a collection of Grimm's Fairy Tales.

"They teach a lesson," he said. "Not to mess around with witches and goblins and stuff like that."

He admitted those were not a major problem at school.

Sedabres said most of the children's choices were fiction, "those are their favorite books," she said. "Most kids really treasure a specific book, which they will read over and over again."

"They seem to really enjoy fictional books — more short stories than chapter books," Sedabres added.

"So this is to try to show them they are all writers and they are all winners, and how important books are," she said.

She said one type of fiction — scary stories — didn't do too well.

In fact, only one — one of the Gooseberry Books series — was picked.

Besides showing how important reading is, she said, the graph will also make a useful math lesson.

"It's also a really good integrated math lesson because we can take it back in the classroom," she said. "We've written down how many books are

listed, so we'll probably do a math activity using graphs next year."

Vrabel said the programs showed the children how important reading is.

"It makes them more aware of what they're reading," she said.

She also said this is the first year that Harris School has participated in the Young Author's Conference, and

school officials are hoping to make participation districtwide next year.

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Leadership council helping youths 'Win With Wellness'

The National Council on Youth Leadership, based in St. Louis, is dedicated to "making tomorrow's world better by developing leaders today."

The council accomplishes its mission through one of its major programs, Win With Wellness (Formerly 30 Days of Fitness). Win With Wellness, a leadership program for high school juniors, focuses on health and wellness issues.

All public, private, city, county and Metro East high schools are invited to participate in Win With Wellness. Ten juniors from each school, chosen by faculty members, form a team to plan and implement a series of wellness programs in their schools and communities.

The experience gives the students opportunities to develop and practice skills such as goal setting, time management, team work, decision making, communication and documentation, all of which are necessary to be a productive, responsible and healthy person.

The teams are challenged to use the skills to promote and encourage healthy lifestyle choices. A teen-driven program seeks to educate and raise awareness of such issues as AIDS, tobacco, alcohol and drug abuse, violence, teen suicide, eating

disorders, and physical inactivity.

From five schools in 1987 to 71 school teams in 1996, Win With Wellness continues to grow. More than 850 students and teachers will reach thousands with a wide variety of activities during April and May.

The interaction with community health agencies is another aspect of the program. The teams collaborate with 14 local

health facilities and more than 30 community agencies, all providing extensive printed resources, speakers and general support.

For more information on Win With Wellness, call the National Council on Youth Leadership at (314) 567-4018.

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Picturesque landscapes don't just happen overnight, although it may seem that way at times. Careful planning and know-how are two items that play a major role. But there are two more ingredients that can turn an ordinary-looking garden scene into a magnificent one. Mulch and edging.

Mulch

The benefits of mulch are numerous, and it goes far beyond the appearance. For starters, mulch is a big help in preventing weed growth. You all know weeds not only are ugly, they compete with your desirable plants for nutrients and water, not to mention crowding them out. By providing weeds with miserable living conditions, mulch keeps your good plants healthy and thriving.

There's more of course. It can be difficult to keep the soil moist around your plants, due to evaporation. When the area is covered with mulch, the soil stays moist longer, meaning healthier plants with less watering.

One more benefit, as if there hasn't been enough already. Mulch can prevent soil erosion also.

This "gardening miracle" material comes in many types, shapes, textures and colors. You can use wood shavings, stone, bark or several other materials, depending on the look you wish to achieve. Stop by Frank's...two-cubic foot bags of mulch are on sale.

Mark the area you wish to edge with a length of rope or a garden hose. Once it's adjusted, and in the proper place, dig a small trench, about three or four inches deep, along it. If everything looks okay, you're ready to install the edging...almost.

When you first try to unravel the edging, you'll probably discover it seems to have a mind of its own, and curl all back up again. The solution's simple. Unroll the edging, weight down both ends, and let it lay flat in the sun for about an hour. You'll then be able to shape and bend the edging to your heart's content.

Set the edging in the trench. When you encounter high spots, slide the edging back and forth, creating a cutting action. This allows the edging to be accurately placed.

If you need to butt two pieces together, use the handy fastener that's included with the edging. When you're done, the edging can be easily cut with a pair of sturdy scissors, tin snips or a utility knife. Adjust high and low spots, fill in the soil around the edging, and add a few stakes to help hold it in place. Then stand back and admire your professional-looking creation!

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NORTHERN COUNTY 11015 Old Hall's Ferry (314) 355-8534

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All You Need For A Beautiful Landscape Is At Your Nearest Frank's!

Watch Sunday's Journal for more tips from the experts at Frank's!

NEWS

Horos

Weds

ARIES (Mar. 21-Apr. 19) Others give you a chance. You're not afraid to take risks, especially when it comes to your money. You're not afraid to stand up for your rights.

TAURUS (Apr. 20-May 20)

Surprise! You're not afraid to go on a limb. Couples need to be more open with each other. You have a desire to compete or contest.

GEMINI (May 21-June 21)

If you can't claim your inheritance, invest with a career you enjoy. You will make a lot of progress.

CANCER (July 22-Aug. 22)

You aren't trying to be a sidekick. Music brings you joy.

Everyone has problems, but you're not afraid to talk about them.

LEO (July 23-Aug. 22)

Beating your fears from the past.

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NEWS

Leadership council helping youths 'Win With Wellness'

The National Council on Youth Leadership, based in St. Louis, is dedicated to "making tomorrow's world better by developing leaders today."

The council accomplishes its mission through one of its major programs, Win With Wellness (Formerly 30 Days of Fitness). Win With Wellness, a leadership program for high school juniors, focuses on health and wellness issues.

All public, private, city, county and Metro East high schools are invited to participate in Win With Wellness. Ten juniors from each school, chosen by faculty members, form a team to plan and implement a series of wellness programs in their schools and communities.

The experience gives the students opportunities to develop and practice skills such as goal setting, time management, team work, decision making, communication and documentation, all of which are necessary to be a productive, responsible and healthy person.

The teams are challenged to use the skills to promote and encourage healthy lifestyle choices. A teen-driven program seeks to educate and raise awareness of such issues as AIDS, tobacco, alcohol and drug abuse, violence, teen suicide, eating

disorders, and physical inactivity.

From five schools in 1987 to 71 school teams in 1996, Win With Wellness continues to grow. More than 850 students and teachers will reach thousands with a wide variety of activities during April and May.

The interaction with community health agencies is another aspect of the program. The teams collaborate with 14 local

health facilities and more than 30 community agencies, all providing extensive printed resources, speakers and general support.

For more information on Win With Wellness, call the National Council on Youth Leadership at (314) 567-4018.

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LOCAL NEWS

•Obituaries

(Continued from Page 4A)

One Day Only! Say "Howdy" to a "Hallelujah Hoedown!"

You have just one day, April 20th, to lasso this 1996 Limited Edition figurine from the Enesco Precious Moments Collection.

"Hallelujah Hoedown" is coming just for Spring Celebration. But, hurry! Quantities are limited. After the event, this exclusive figurine won't be around. So, mosey on by for some down-home fun, like:

- ★ Drawings and giveaways.
- ★ A peek at the Precious Moments Fall Introductions on video.



JAN'S Hallmark

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Spring Celebration Saturday April 20th

of Holy Family Catholic Church in Granite City.

Survivors include his wife, Eric Davis Kraus; one daughter, Kristin; one son, Kraus; his mother, Veronica (Mileczka) Kraus of Granite City; three brothers, Peter Kraus of Granite City, and two sisters, Patricia Randall of Granite City.

He was preceded in death by his father, Pete Kraus; his wife, Shirley; and his son, Eric Davis Kraus. Services were Monday at Mercer Mortuary in Granite City with the Rev. Henry Crippen officiating. Burial was in St. John Cemetery in Granite City.

Memorials are requested for the American Lung Association.

David Kraus

David P. Kraus, 31, of Granite City, died at 8:15 a.m. Friday, April 12, 1996, at Anderson Hospital in Mayville, following a long battle with cancer. He was born Jan. 3, 1965, in Granite City, where he had been a lifelong resident.

He was preceded in death by his mother, Shirley; and his father, Pete Kraus.

Survivors include his wife, Kristin; son, Joe; Donald and Walter Gallia, all of Granite City; his parents, Raymond and Dorothy (Graham) of Granite City; three brothers, Donald, Phillip and Gallia of St. Louis; Randy Graham of Granite City and Danny Graham of Granite City; three sisters, Deborah McCullough of Granite City, and Vicki (Graham) of Granite City; and a host of nieces and nephews.

Services were Saturday at St. John Cemetery in Granite City.

Memorials are requested for the American Lung Association.

Donald Gallia

Donald W. Gallia, 42, of Granite City, died Friday, April 12, 1996, at St. Louis General Hospital in St. Louis, following a sudden illness. He was born Jan. 27, 1954, in Granite City, where he had been a lifelong resident.

He was preceded in death by his father, Phillip Gallia.

Survivors include his wife, Kristin; son, Joe; Donald and Walter Gallia, all of Granite City; his parents, Raymond and Dorothy (Graham) of Granite City; three brothers, Phillip, Donald and Gallia of St. Louis; Randy Graham of Granite City and Danny Graham of Granite City; three sisters, Deborah McCullough of Granite City, and Vicki (Graham) of Granite City; and a host of nieces and nephews.

Services were Saturday at St. John Cemetery in Granite City.

Memorials are requested for the American Lung Association.

lister, Cynthia Selp and Debbie Goodrich, all of Granite City; and his grandmother, Helen, preceded him in death.

Services were Tuesday at Werner Chapel in Pontoon Beach with the Rev. Henry Crippen officiating. Burial was in St. John Cemetery in Granite City.

Memorials are requested for the Word of Life Tabernacle Building Fund.

Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, April 17

Country fried steak, whipped potatoes, gravy, buttered cabbage, wheat bread, cherry gelatin.

Thursday, April 18

Pork chop, rice, gravy, broccoli Normandy, apple juice, rye bread, sugar cookies.

Friday, April 19

Chicken and dumplings, cole slaw, beets, wheat bread, apple turnover.

Monday, April 22

Swiss steak, Delmonico potatoes, Italian vegetables, wheat bread, chocolate chip cookies.

Tuesday, April 23

Sausage patty, whipped potatoes, gravy, spinach, biscuit, fruit cocktail.



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Ask for Norma or Rich.

McKendree College CPA REVIEW

The McKendree College Business Division will offer a CPA Review course from May 21 through June 26, in preparation for the CPA Examination scheduled for November 6 and 7, 1996.

Review sessions will consist of 50 hours from 9 a.m. to 3 p.m. Students may enroll in any or all of the four review sessions.

I. FIN. ACTC. & REPORTING, MAY 25 - JULY 13
II. ACCOUNTING & REPORTING, JULY 20 - SEPT. 7
III. AUDITING, SEPT. 14 - SEPT. 28
IV. BUSINESS LAW, OCT. 12 - OCT. 26

For more information, please call or write:
Frank Sprague, CPA, Ph.D.
McKendree College
701 College Road
Lewisburg, IL 62544
(618) 537-4902
1-800-BEACAT ext 4902

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Wednesday

Granite City Journal Sports



Art
Voellinger

Saluki win spurs tale of coaches

Very quietly, the Southern Illinois University Salukis baseball team is returning to the respectability it once held nationally.

And, of all things, guess who SUU beat again for an early-season victory? Yep, it was against the University of Illinois and former Salukis coach Richard "Itchy" Jones.

The Salukis had been entering the bottom of the second inning and were still down 8-2 in the eighth before an eight-run rally accounted for SUU coach Dan Callahan's third win in a row in defeat in two seasons against Jones and the Illini.

Said Callahan: "We've got to start getting focus on this team for some of them trying to realize what's gone on in the past. Some of them are not used to losing. They don't quit."

OK, by now aren't you wondering why else I might refer to the success of a young coach against Jones, who had a 20-year record of 738-345 at Carbondale?

The answer is that this tale of coaches adds to some of my personal regard for Lou Henson, the long-time men's basketball coach at Illinois and Jimmy Collins, the outgoing Illinois assistant.

Since taking the football, basketball or baseball coaching jobs at Illinois are a financial plum. Do you really think someone in the stature of Lou Kruger, the basketball coach at Florida with a Final Four appearance in his pocket, would not jump at an offer from Illinois? And the women's basketball coach is guaranteed more than \$100,000 per season?

Why do you think Jones moved from SIUC to Champaign? Money is the answer, and when Itchy retires, he will be one heck of a lot better off financially than if he had stayed at SIUC.

This corner has referred to Henson being guaranteed more than \$100,000 per year because he had to pay his camp money to his total salary before it is calculated into his retirement benefits.

Now telling when Kruger's price will be what the perks from radio, television and shoe endorsements are included...

Now let's look at Collins, an Illinois assistant since 1989, now headed for the University of Illinois-Chicago — where his sendoff from Henson included gushes like the following:

"(High school) coaches love him. He is going to get the talent. He will do a tremendous job."

Sorry, Lou. The tremendous job is 48-10 and Collins did not grab the first offer that came along when Illini administrators realized Collins was a Chicagoan recruiter with no head coaching experience in the state.

And, at UIC, if Collins does no better in recruiting Chicago-area players than he did at Illinois, he too might be considered persona non grata instead of cultus.

While cruising a few games above the .500 mark, SIUC has shown strength in the Missouri Valley Conference, including a sweep (3-2 and 8-4) over Bradley. In the second game of that doubleheader, two former O'Fallon High players — Brian Fung, a Bradfield and infelicitous pitcher, and Scott Seipp, a SIUC left fielder — were on opposing sides.

Fung relieved in the sixth inning of the second game but Seipp was left deck.

FOOTNOTES: Congrats to the Elks who had shot winners: Boys, Andrew Lemon (age 8-9), Cathedral; Zach Bond (10-11), Wolf Branch; Jacob Bayers (12-13), Fenton; and girls Julie Cermak, Blessed Sacrament; Betsy Riley (10-11), High Mount; Stefanie Marlin (12-13), Cathedral.

Granite sweeps Jerseyville

10-2 Warriors face six teams this week

By Rob Raphael
Staff writer

The Granite City Warriors concluded a successful weekend on Saturday as they completed a doubleheader sweep over Jerseyville with a 9-5 win in game two.

The Warriors won the first game on Saturday by a nearly identical tally. At the start, defeating Collins 12-2 on Friday, and now the Warriors stand at 10-2 going into what should be an interesting week of ball.

Six games are on the Warrior docket this week, including the Annual Round Robin Tournament, which begins Friday.

After a Tuesday contest at East St. Louis, which the Warriors will not take lightly, Granite City will travel to Decatur on Wednesday and is set to host Collinsville Thursday at Varsity Field.

But on Saturday, the Panthers were able to get past the Panthers, 12-2, despite Jerseyville's pesky attitude.

"They're aggressive at the plate and certainly on the baselines," said GCHS coach Gus Lignou. "They're physical. They ran all night, and when they did get runners on, we didn't have

much success in keeping them close or throwing them out."

"They were successful against our catching, but the majority of the time our catchers didn't have a chance. The blame goes to the pitchers, too."

But it wasn't enough to defeat the Warriors, who got the better of the Panthers and did the bulk of the hitting.

In the first game, the Warriors answered the Panthers twice in the late innings to secure the win. After Jerseyville went ahead 2-1 in the

fourth inning, the Warriors scored a pair in the bottom of the inning.

Then, 10 minutes later, the Panthers scored a pair in the fifth to take the lead. Granite City came back with a five-spot in their half of the inning.

Eric Edwards picked up the win in game one, and Dustin Brewer came on to pick up his first save of the year.

Ryan Relleke was 2-for-3 with a double and Jeff Hayman was 2-4, also with an RBI. Brian Lloyd picked up a pair of RBIs, and David Parker and Eric Edwards added RBI for Granite City.

"We've been fairly aggressive at the plate, and taking some good swings," Lignou said. "I like the way we're starting to play. And we've got some good bats from kids who haven't had a lot of chances, mainly Hayden and (Greg) Whipple. They both seem to bat well and contributed hits."

In game two, the Warriors used another five-run inning to take a brief lead over the Panthers before Jerseyville scraped across a couple of late runs to make things respectable.

The big hits in that game (See WARRIORS, Page 3B)

April 17, 1996—Page 1B

RACING

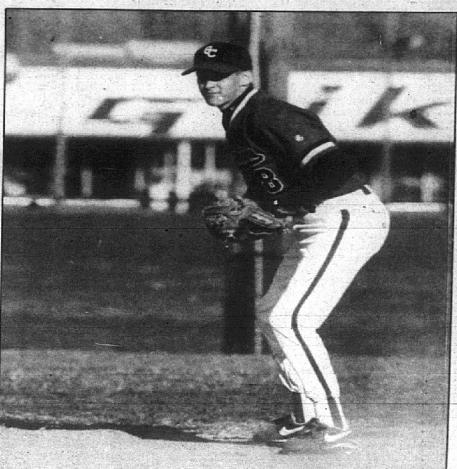
Belleville's Wayne Downing wins his first victory at Tri-City.

Page 2B

STATE GAMES

Kickoff reception April 28 at St. Clair Square's center court.

Page 2B



Staff photo by JOHN FRESE

Granite City second baseman Eric Edwards hesitates before throwing to first.

Games application books now available

Applications books are now available for those athletes wanting to compete in the 13th annual Prairie State Games to be held June 28-30 in southwestern Illinois.

The games offer more than 20 Olympic-type sports in what is Illinois' largest amateur sports festival. Fairview Heights again will serve as the host city. The main venue will be at Southern Illinois University at Edwardsville and Belleville Area College.

Sports available at all-comers competition at the finals are archery, bowling, diving, fencing, figure skating, women's gymnastics, judo, karate, shooting, swimming, table tennis, track and field, tumbling/trampoline/double-mini, weightlifting and wrestling. Depending on the sport, the competitors will be grouped according to age and/or ability level.

ADDITIONALLY, THERE will be invitee competition in basketball, soccer, volleyball and tennis. It will be open to men and women in scholastic (high school and open divisions), and the athletes are required to try out on a regional basis. Also, there will be team tournament for young stars in basketball, soccer, football and volleyball, as well as a 30-and-over division in men's soccer.

An invitational open men's baseball tournament and an invitational youth ice hockey tournament also will be held at the finals.

All athletes are invited to participate in the gala opening ceremonies at 8 p.m. Friday, June 28, at the Track and Field and Soccer Stadium at SIUE.

The entry fee for individual sports is \$15, which includes a souvenir T-shirt. Team entries vary in price.

To obtain an application or further information, contact the PSG office at 632-1002.

Also under way is registration for the fest tournaments in the 13th annual Prairie State Games.

The four fests are tied with the PSG Finals competition for amateur regional and amateur sports festival. Besides the fests, top-notch athletes throughout the state will compete in more than 20 Olympic-style sports.

(See GAMES, Page 3B)

Strong boys track team doing well

By Rob Raphael
Staff writer

It doesn't seem possible already, with temperatures still hovering around the freezing mark, but the track season is off and the big meets are just around the corner.

The Madison County Meet is a week from today (Wednesday) and signals the beginning of the track season's home stretch.

The varsity Warriors competed in a pair of state-class meets: the past two weekends, with visits to Southern Illinois at Edwardsville for the Belleville West Invitational; and a trip this past weekend to Centralia for the Orphant Invitational.

Granite City coach Gene Briggs said his boys team has not suffered from the same types of problems that have plagued the girls, meaning injuries and sickness.

"No, the boys have been doing real well," he said. "This is still a strong group. We've been especially pleased with the showings of our young kids in a couple of quality meets."

The Warrior junior varsity team competed in a tough triangular meet on April 10, on a (See BOYS, Page 2B)



The Edwardsville Junior High School seventh grade girls basketball team finished undefeated and won the Madison County Junior High Conference. The team, coached by Bill Freymuth, went 17-0 to set a school record for most wins in a season, set records for lowest total points allowed in one season (199, an average of 11.7 per game) and most points scored in one season (685, an average of 40.2 per game). The team includes: (front row from left) Lindsay Carlile, Laura Seibert, Angie Allaria, Erin Boedeker, Cory Woosley; (middle row) Liz Claussen, Vicki Moscardelli, Lindsay Anderson, Candace Monk, Jill Thompson, Jamie Hayes; and (back row) Kathryn Ragg, Karla Carroll, Holly Reising, coach Bill Freymuth, Erin Decker, Michelle Daniels and Brandee Evans.

Girls track competitive despite host of problems

By Rob Raphael
Staff writer

As the track season goes on, the meets seem to get more competitive. The Granite City girls team still seems to be holding its own.

With the track season half over, the Madison County meet a week from today, GCHS coach Gene Briggs is dealing with injuries, illnesses, as well as the lack of quality practice times.

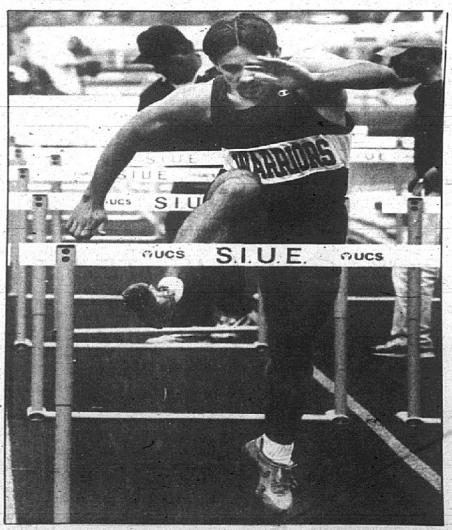
But one would never know that looking at the meet results. One of the high points of the season so far was an outstanding 14th-place finish at the prestigious Jackie Joyner-Kersee meet April 5.

Although finishing 14th may not sound spectacular, the only Metro East team to finish higher than Granite City was the host team, Lindenwood. That team placed fifth with a time of 1:15.4, more than three seconds better than their previous best.

The Lady Warriors didn't compete in many of the events at the JJK meet, as Briggs said he just couldn't field a full

team. Congrats to the Elks for their high shot winners: Boys, Andrew Lemon (age 8-9), Cathedral; Zach Bond (10-11), Wolf Branch; Jacob Bayers (12-13), Fenton; and girls Julie Cermak, Blessed Sacrament; Betsy Riley (10-11), High Mount; Stefanie Marlin (12-13), Cathedral.

(See GIRLS, Page 2B)



(Photo by MARK BONEBRAKE)

Matt Bringer in the 110 meter hurdles.

•Boys

(Continued from Page 1B)

warm day at Belleville West, Granite City scored 76 points, including six first-place finishes and 12 second-place finishes.

The Warriors placed in every event, and had multiple placers in nine different events.

POSSIBLY THE MOST exciting event for Warrior fans was in the 400-meter relay, where the Warriors took home the top four spots: Kelly Huckleberry was first (44.7), Matt Bringer was second (46.3), Aaron Howard was third (47.5) and Steve Moss was fourth (47.6).

And in the freshman-sophomore Tiger Relays, held at SUE on April 4, the Warriors held their own and the team again came in one of the area's top teams, including four of their five Southwestern Conference opponents.

Granite City placed third in that relay as a team, with 29 points; behind it was Cahokia (54) and Collinsville (30).

The Warriors finished with three first-place showings and one second-place win.

Eddie Connolly was first in the 3200-meter run in time of 11:14, and Ryan Moneymaker was first in the 70-meter high hurdles with a time of 9.9 seconds.

The Warriors' 300-meter low hurdles team of Jeremy Smith, Moneymaker and Moss was

also first with a combined time of 1:44.6.

Joe Landeros was the lone Warrior to place second, as he had a 1:18 toss in the discus.

The Warriors did not score in the West's regional, but had several individuals make it to the semifinals. Granite City did place in three events at Centennial.

Granite City's 300-meter hurdles team placed again, with Huckleberry, Moneymaker and Smith combining for a 2:13.4, good enough for fourth place.

The Warriors placed fourth with the 400-meter team of Shane Brown, Steve Logan, Curtie Howard and Diane Bauer, who finished with a time of 1:34.0.

Also running well was the freshman-sophomore 800 team, who also placed fourth at 1:37.7. That team consisted of Wes Reed, Chris Tindall, Brown and Bauer.

"Our freshman team was third, almost second, in an excellent meet against all the other conference teams except East St. Louis," said Briggs.

"And we had some great performances by our JV team, as well as our best, by and large, and the performances were very good overall. We're very pleased right now."



(Photo by MARK BONEBRAKE)

•Girls

(Continued from Page 1B)

team that day because of injuries and illness.

But the team still managed 14 points, led by Brandt's discus throw. But also scoring were Julie Miller, Nichole Done in the 3200-meter run (12:28), Hill in the freshman 100-meter hurdles (17.8) and Ragan in the freshmen discus (70-0).

"We definitely have some things we're looking to improve on," said Briggs. "Our

health is the main concern, and grades have been somewhat of a concern, too. Also, we could just use some consistent, nice weather so we can practice and get better."

THE LADIES ALSO DID well in a triangular meet held on April 3 at East St. Louis, in preparation for the JJK meet. Granite City finished with two firsts, five seconds, four thirds and six fourths at the event, which also featured Belleville

West. Brandt was first in the discus (123-1) and Done placed first in the 1,600 meters (5:49).

Placing second was Hill in the triple jump (27-3), 100-meter hurdles (18.1) and 300-meter hurdles (54.9); Beth Feenstra in the discus (92-11) and shot put (32-1); Done in the 100-meter dash (13.4) and the 3200 relay team of Done, Jessica Stegelmeier, Ginger Gerstner and Crystal Robinson (13:15).

Sports shorts

SJUE camps
Southern Illinois University-Edwardsville will offer baseball and softball camps for youths on two different experience levels.

A baseball fundamentals camp, for ages 7-13, will be held 9-11:30 a.m. June 10-14. The cost is \$60 per baseball advanced camp, for ages 10-18, will be held 9 a.m.-3 p.m. June 17-20. The cost is \$100. Youths may participate in both camps for \$150.

The softball camps are for sixth through eighth graders. A fundamentals camp will be held 9 a.m.-3:30 p.m. June 10-11. The cost is \$60 and

includes lunch. A softball pitching camp will offer two sessions June 13-14; for beginners from 9:30 a.m.-noon; and for advanced players from 1-4 p.m. The cost is \$50.

Also scheduled is a speed and flexibility camp for all sports from 6-8 p.m. June 21. The camp is open to athletes ages 10-18, and the cost is \$50.

All camps will be held at SJUE's athletic facilities. For more information, call 692-2660.

PSG kickoff reception
Steve Miller, director of sports marketing for Nike, Inc., will serve as the keynote

speaker for the Prairie State Games Kickoff Reception on Sunday, April 28 at St. Clair Square's center court.

Miller, a native of Illinois and graduate of Bradley University in Peoria (B.S. 1965) and Governors State University in Park Forest (M.A. 1970), has been with Nike since 1986 and has held the position of the company's director of athletics and director of international sports marketing.

Prior to joining Nike, Miller served as director of athletics at Kansas State University (1988 to 1991), executive director of the Pennsylvania State Olympics (1987-88), associate athletic

director at Kansas State University (1985-87) and men's and women's track and cross country coach at Kansas State (1981-85) and California Polytechnic University (1985-86).

The kickoff reception will begin at 7 p.m. and will include a brief program followed by a sports auction. The cost is \$50 per person. For more information, call the PSG office at 632-1002.

Madison softball
The Madison Softball League is looking for teams to fill spots in leagues on two different nights. There are three

(See SHORTS, Page 3B)

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SATURDAY, MAY 18, 1996
FROM 8:30 a.m. to 4:00 p.m.
Join the fun!
Get your Entry Form at
any McDonald's, or mail coupon
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MAIL TO: American Diabetes Association
9440 Manchester, Suite 104
St. Louis, MO 63119

Count me in! Please send me _____ Entry Forms for the
Diabetes Bike-A-Thon to be held Saturday, May 18.

I want to help! Enclosed is my tax-deductible check in the
amount of \$____ payable to the American Diabetes Association.
Name: _____
Address: _____
City: _____
State: _____
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SPORTS

Downing wins first victory at Tri-City

By Steve Birmingham
Correspondent

Belleville's Wayne Downing, last season's Budweiser Grand American Modified Rookie of the Year, turned back any thoughts of a sophomore jinx by gaining his first career victory at the Tri-City Speedway Saturday night.

The race was one of five features Saturday which kicked off the 1996 racing season at the Speedway.

The 20-year-old Downing led going into turn one after the drop of the green flag, but was soon passed by 1995 Modified champion Tom Seets. Late in the race caution slowed the pace, but when the green flew again, Downing recaptured the lead and raced into the next zip code.

John Seets finished in second place, while third place was taken by Mark Leuck.

It was the first career Pepsi Racing Series win for Downing, who started the night by winning his qualifying heat and capped it by taking the points

lead over John Seets and Leuck.

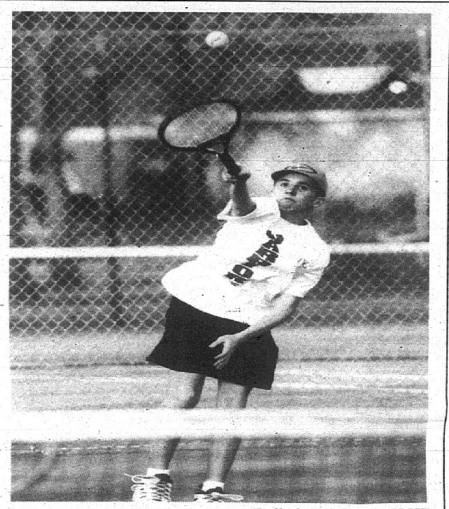
Pat Ryan picked up where he left off last season by winning the Red Dog Pro Stock feature by mere inches over Steve Grotz.

The two played cat and mouse over the entire course of the race until the white flag. As the pair exited the turn four, a lapped car forced Grotz to take the high line around Ryan. With sight of the leader, Grotz tapped the wall amid a firestorm of sparks and finished six inches behind Ryan.

Leuck finished a solid evening by racing third in the Pro Stock feature.

The Mountain Dew Street Stock main saw Ray Greek turn back a number of challengers to win his first career victory at Tri-City. Greek got past Dan Pilkington, who finished second; and Jeff LeBeaue, who placed third.

The Skoal Racing Sprint Car feature was won by Dean Adams over Bruce Donaldson and Tony Stinebaker.

(Staff photo by JOHN FRESE)
Warrior tennis — Granite City's Scott Jackson returns one in a doubles match.

U.S. Women's National Team VS. Women's National Team Of France



**Friday,
April 26**

St. Louis
Soccer Park
8:00 pm
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General Admission
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Join the fun!
Get your Entry Form at
any McDonald's, or mail coupon
or call (314) 968-3196

MAIL TO: American Diabetes Association
9440 Manchester, Suite 104
St. Louis, MO 63119

Count me in! Please send me _____ Entry Forms for the
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I want to help! Enclosed is my tax-deductible check in the
amount of \$____ payable to the American Diabetes Association.

Name: _____
Address: _____
City: _____
State: _____
Zip: _____

•Warriors

(Continued from Page 1B)
were a three-run homer off the bat of Brewer, and a two-run triple from Lloyd. Reilleke was 1-for-3 with two more RBIs, and Winfield was 1-for-2 with an RBI.

David Whittington stepped into the starting role and gave Warriors four solid innings, allowing three earned runs and striking out three.

"Whittington and (Chris) Piala are both juniors, and they haven't had a lot of opportunities to start for us," said Lignoul. "And Jeremy Hoback did a nice job at Cahokia on Friday, and he hasn't seen a lot of time yet. But this is our first week with five games, and with six coming up this week I'm sure everyone will get a chance."

Lignoul said he was going to take no chances on Tuesday, as he was going to have Billy Niepert against East Side. He said he still remembers two years ago when the Warriors were undefeated in the conference and lost to the Flyers.

Brewer will get the call today against DeSmet, an "awfully, awfully good team," according to Lignoul; and Justin Brink will get the Collinsville assignment. Then Hoback can in Friday's first round Robin game.

•Games

(Continued from Page 1B)

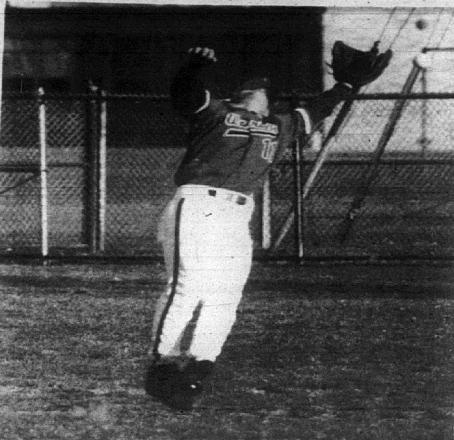
The fests, open only to Illinois residents or those attending school in Illinois, have competition in basketball, soccer, football and volleyball.

The sixth annual Hoops Fest is open to boys and girls in grades 5-11 as of the current school year. All 100 teams from throughout the state competed in the three divisions — 5th-6th grade, 7th-8th and 9th-11th — in the Hoops Fest last year in ELYNS throughout Southwestern Illinois.

The cost to participate is \$115 per team without PSG souvenir T-shirts, and \$165 with 10 PSG T-shirts.

SLUH camps
St. Louis U. High will offer four separate weeks of basketball camps for boys in grades 3-8. The week-long sessions will be held June 10-14 and 17-21 and July 15-19 and 22-26.

The camps will be held under the direction of Junior Billikens coach Don Maurer, and will feature former SLUH players as well as other basketball players. The fee for the camp is \$90. For more information, call 314-531-0330, extension 157.



(Staff photo by JOHN FRESE)

Granite City's Billy Niepert misses a fly ball.

The sixth annual Nike Soccer Fest is open to IVSA-sanctioned teams for boys and girls in under-9 through under-19 divisions. There also is a 30-and-over master's division. The Soccer Fest will be held at Southern Illinois University at Edwardsville.

The cost to compete is \$225 per team, due May 1, and \$250 after that day.

The third annual 7-on-7 passing championship will be held June 28-29 at Belleville West High School. Competition is

open in two divisions: 7th-8th grade and 9th-10th grade.

The entry fee is \$100 per team without PSG T-shirts, and \$150 with 10 PSG T-shirts. The fee for PSG T-shirts will be able to participate in the opening ceremonies at 8 p.m. Friday, June 28, at the Track and Field and Soccer Stadium at SIU.

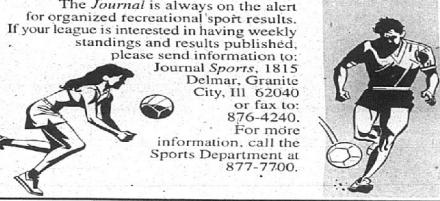
To receive an application or further information, contact the PSG office at 632-1002 and ask for either Matt Schmitt or Bob Emig.

Wanted: Stats, standings

The Journal is always on the alert for organized recreational sports results. If your league is interested in having results, standings and results published, please send information to:

Journal Sports, 1815 Delmar, Granite City, Ill. 62040 or fax to: 876-4240.

For more information, call the Sports Department at 877-7700.



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14.99 each
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14.99 each
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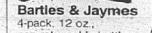
16.99 each
Crown Royal
.750 ml.



4.29 each
Almaden Wine
Blush Chablis or
Golden Chablis, 1.5 L.



6.49 each
Carlo Rossi
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SPORTS

•Shorts

(Continued from Page 2B)
spots open in the Wednesday night men's league, and the cost per team is \$325. The league also has two spots open in the Coed League on Friday nights, and the cost for that league is \$250. Deadline for registration is April 21. Call Jim Broadway at 451-1440 or 452-0721.

Mitchell leagues

The Mitchell Khoury League is announcing that signups for Kidzour Leagues play this summer will continue through the month of April. Boys and girls softball leagues, for girls born from 1979 through 1988, are especially needed.

For information regarding softball teams; and when and where signups can be held, call Jim Greer at 797-1208.

Pontoon signups continue

Signups for the Pontoon Beach Khoury Leagues will continue through the month of April. Boys and girls need all the teams of all ages. The cost for baseball registration is \$35; and for softball and t-ball the fee is \$25.

Signups are being taken at Tracy's Shirt Shop on Park Lane in Pontoon Beach. Each Tuesday through Friday in April, signups will be taken from 10 a.m. to 5 p.m., and Saturday signups will be from 10 a.m. until 4 p.m. For more information, call Tracy at 931-1291, or Ida at 797-5477.

Shoedienst Golf Tourney

Fonthonne College will hold the Red Shoedienst-Fonthonne College All-Star Golf Tournament on Monday, July 3, at the Glen Ellyn Country Club, located off Lucas and Hunt Road in St. Louis.

St. Louis Cardinals Hall-of-Famer Red Schoendienst will be the master of ceremonies, and will be joined by former personalities and current Cardinals players. The foursome scramble tourney will begin with registration at 10 a.m. July 3, followed by a shotgun start at 12:30 p.m.

Lunch and dinner will also be served for participants, and prizes, contests and awards will be handed out after the dinner. The cost for the tournament is \$350 per player, and

\$1,250 per foursome. The cost includes greens fees, cart, driving range, lunch, dinner, prizes and a gift pack. Special sponsorships are also available.

Call (314) 889-1412.

Billiken soccer camps

Saint Louis University has released the schedule for its Billiken soccer camps next summer. The camps will be held at Chamilade High School while two residential camps will be held — one at Chamilade and one at SLU.

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scramble tourney will begin with registration at 10 a.m. July 3, followed by a shotgun start at 12:30 p.m.

Lunch and dinner will also be served for participants, and prizes, contests and awards will be handed out after the dinner. The cost for the tournament is \$350 per player, and

another residential camp will be held at SLU for boys and girls ages 9-12, and advanced boys ages 13-18, on June 23-27.

Another residential camp will be held at SLU for boys and girls ages 9-12, and advanced boys ages 13-18, on June 28-31.

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Another residential camp will be held at SLU

Births

Brooke Coppedge
Angela Coppedge of Granite City has announced the birth of her first child, a daughter.

Brooke Leigh Ann Coppedge
was born Dec. 20, 1995, at Macoupin Regional Hospital in Centreville and weighed 6 pounds, 5 ounces. She was 19 1/2 inches long.

Her grandparents are Daniel and Teresa Coppedge of Granite City.

The great-grandparents are Emmett King, Mildred Evans and Clifford and Marylynne Coppedge, all of Missouri.

Douglas Britt

Kenneth and Becky Britt of Granite City have announced the birth of their second child, a son.

Douglas James Britt was born Dec. 4, 1995, at Christian Hospital Northwest in St. Louis and weighed 8 pounds, 15 ounces.

The mother is the former

Becky Wilson
Maternal grandparents are Jerry and Carol Wilson of Granite City. Paternal grandparents are Kenneth and Jean Britt of Granite City. Douglas joins Jonathan, 2.

K. Slayton

Keith and Donna Slayton of East St. Louis have announced the birth of their fourth child, a son.

Kristopher Wayne was born at 9:25 a.m. on March 18, 1996, at Belleville Memorial Hospital and weighed 8 pounds, 1 ounce.

Maternal grandparents are William and Nancy Knight of East St. Louis.

Paternal grandparents are Bob and Sharon Kugler of Granite City.

Kristopher joins Alex, 6, Amber, 5, and Amanda, 21 months.

Cody Steadman
Richard Steadman and

Christine Embrey, both of Granite City, have announced the birth of her first child, a son.

Cody James Steadman was born Dec. 30, 1995, at Anderson Hospital in Maryville and weighed 5 pounds, 4 ounces.

Maternal grandparents are James and Connie Embrey of Granite City. Paternal grandmother is Georgia Cagle of North Carolina.

Edwardsville have announced the birth of their second child, a son.

Mark was born at 12:09 a.m. on March 29, 1996, at Anderson Hospital and weighed 9 pounds, 2 1/2 ounces.

Maternal grandparents are Mark and Sally Speciale of Edwardsville.

Paternal grandparents are Irv and Cathy Schallenberg of Granite City.

Nicholas joins Kaitlyn, 3.

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Annual 'Music, Music' program set

The first spring flowers are bursting into bloom. The birds are about to unfurl their buds into leaves. The St. Louis Cardinals have played their first home game of the season.

After the long, hard winter, spring has arrived. A good time to "make a joyful noise unto the Lord."

Christian Women United is once again leaps into their effort by presenting its 13th annual "Music, Music" program, which showcases talent in area churches. Each year, a different church hosts this celebration.

The Church Women United Christ With Us Choir, is a

group from a variety of the area churches. They will be here to welcome everyone to this ecumenical celebration. Following

will be the Hope Lutheran Church Choir from the host church.

Included in the program will be a young violinist, who is becoming better known with each performance, a guitarist and a pianist, who have performed many in the community; a church orchestra, known as "The Amigos"; and a state champion harmonica player.

For everyone's enjoyment, Church Women United also will present the "Timbre

Tones" from the Salvation Army and an excerpt from the "Miracle on 34th Street."

One of the highlights of the afternoon, which will be of special interest to children of all ages, will be a puppet and clown performance.

This 13th presentation of "Music, Music" will be held at 2 p.m. Sunday, April 21, at the Lutheran Church, 1515 Walsh Ave. in Granite City. Tickets are \$3 per person for adults and \$1.50 for children over 6 years of age and may be purchased at the church representatives at the door.

Light refreshments will be served following the program.

Briefly

True Fellowship Missionary Baptist Church, 1641 Third St. in Madison, is celebrating its fourth church anniversary April 15-19 at 7:30 p.m. nightly, culminating in a service at 4 p.m. Sunday, April 21.

The theme of the anniversary is "The Church of God." The speakers will be the Rev. Duane Burch of Greater St.

Paul Baptist Church in St. Louis, the Rev. John Rouse of Mount Zion Missionary Baptist Church, the Rev. Jerome Jackson of Southern Mission, the Rev. Ronald Bell of West Side Baptist Church in St. Louis, and the Rev. Reginald D. Rogers of Lite of Jericho in St. Louis.

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FAMILY

Briefly

Granite City High School graduating seniors who attended Mitchell School one or more years are eligible to apply for the Laurabeth Wittkamp Award, presented by Mitchell Parent-Teachers Association.

Applications for the \$200 award may be

picked up in the Granite City High School guidance office, beginning April 15. The deadline for applications is Friday, April 26.

The winner will be notified by telephone, and the presentation will be made at the senior awards night May 23.



NARFE royalty — Sidney Vaughn, left, and Lara Sternberg were chosen king and queen at the Feb. 12 meeting of the National Association of Retired Federal Employees Chapter 1067.

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Donald I. Serot, M.D., Orthopedic Surgeon
Co-Director, Arthritis Service
Judith Wuller, M.D., Internist
Co-Director, Arthritis Service

Date:
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Today's Food

Wednesday, April 17, 1996

Food & Nutrition

Wise Ways

'Mad cow disease' spurs uprising in Britain, doubles efforts to avoid it in the U.S. **INSIDE**

Heart-y Bites

Women tend to guard a favorite guy's heart health, while they stand in line to get heart disease, too. **INSIDE**

Blue Ribbon Cook

A few ingredient switches gives lemon nut bread mix an extra dab of richness for a potluck celebration. **INSIDE**

Private Label Test Run

Eye-opening fresh orange juice is a treat for many people any time of day. Tasters slipped the Dierbergs brand to see if they would stock it in their own refrigerators. **INSIDE**

Micro Raves

Pair pasta with low-fat ingredients to help shape up and fill up with healthful, delicious flavors. **INSIDE**

Lively Taste

Cook rice in broth, juice or flavored water for more flavor. Adding meat to the dish paves an easy road to dinner success. For lemony chicken and rice, cook 1 pound boneless, skinless chicken breast, cut in strips, and 1 clove garlic, crushed, in 1/2 cup olive oil until browned. Stir in 1 cup uncooked long grain rice and 1 can (14-1/2 ounces) chicken broth. Cook, covered, 15 minutes or until liquid is absorbed. Stir in 1 tablespoon grated lemon peel and 1/2 teaspoon pepper. Makes 4 servings.

Health & Fitness

Medicine Chest

Keeping an eye on contact lens maintenance is a must for old and new users of the convenient aids. **INSIDE**

Fresh Picks

Select bright green asparagus with closed, compact, firm tips. Keep it cool and moist only a few days until it is used. Overcooking makes it mushy and watery. An easy way to cook it is to top it with water and place in an upright pot or steamer — a coffee pot or bottom of a double boiler is perfect — with enough water to cover lower half of spears. Cook, covered, until tender-crisp. Try it served with lemon juice. Spices that go well with asparagus are chives, parsley, chervil, savory and tarragon.

Big Fat Tip

French toast sticks often are high in fat, but there are ways to cut it. To start, combine 3/4 cup uncooked Cream of Wheat cereal, 1/4 cup sugar and 1 teaspoon cinnamon. In second bowl, combine 2/3 cup yolk-free egg product and 1-1/2 cups skim milk. Cut each of 6 slices raisin bread in thirds. Dip bread in egg mixture, then cereal mixture. In large nonstick skillet coated with butter-flavored nonstick coating, melt 1-teaspoon margarine. Cook half the bread 5 to 7 minutes, turning to brown all sides. Repeat with another spraying and 1-teaspoon margarine. Serve with warm maple syrup.

Future Shop

Supermarket delis may try to offer take-out foods different than what people get elsewhere, but they may note about 80 percent of all McDonald's customers order french fries.

Flavorful light cream cheese is warmed until just soft to please brunch browsers.

Bravo for brunch

By Janice Denham
Staff writer

Looking for a time when the family can eat together? Try brunch on the weekend.

It takes little preparation and can be a deluxe breakfast early in the day or expanded with heartier or sweet foods and served at midnight. For a morning menu, plan pancakes and bagels.

To glamorize simple pancakes, add warm toppings and cool fillings.

For instance, add 1 to 2 teaspoons vanilla extract to the batter when serving them with fruit flavors, introduce chocolate to match a cream

filling or whip the egg whites for fluffy stacks.

If a family is torn between toppings, combine pancake syrup to honey 2-to-1. If that doesn't suit everyone's tastes, stir a couple tablespoons strawberry jam into the warm mixture until it melts. For creamy fruit filling, mix fresh strawberries with strawberry yogurt. Save some to dollop on top after pancakes enfold the sweet, low-fat mixture.

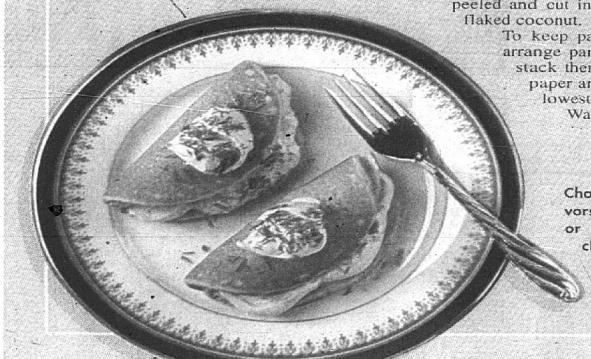
For tropical delight, drain 2 cans (8 ounces each) pineapple tidbits. Stirring constantly over medium heat, bring the juice and 2 teaspoons cornstarch to a boil. Boil and stir 1 minute. Remove from heat. Gently stir in pineapple; 1 kiwifruit, peeled, sliced and halved; 1 mango, peeled and cut in 1-inch pieces; and 1/4 cup flaked coconut.

To keep pancakes warm a short time, arrange pancakes on a cookie sheet or stack them between pieces of waxed paper and place in an oven set at its lowest temperature.

Warm the hearts of those who

SEE BRUNCH,
INSIDE TODAY'S FOOD PAGE 2

Chocolate lightly or boldly flavors pancakes for a breakfast or dessert brunch. For more chocolate flavor, add mini chocolate chips, mix in a sprinkle of cocoa powder or blend with chocolate syrup.



WAFFLE WONDERS



Frozen waffles are an easy fix-up for brunch with kids. Put a toaster right on the table and let them heat their own. The punch line is to add easy toppings — more healthful than not. Fruit spreads, fresh fruit, spreadable cheese, cottage cheese and sliced turkey ham are possibilities. For dessert brunch, top a toasted waffle with a small scoop of frozen yogurt and sprinkle with finely chopped dried or fresh fruit. Don't forget a jar of candy sprinkles; no kids can resist them.

Rick Tucker Graphic

Today's Food

Private Label Test Run

'Fresh' orange juice squeezes into market

Many juice drinkers have grown up believing orange juice lives in a freezer, because that is all they ever were served.

However, others find a world of difference between condensed frozen juice that is reconstituted and orange juice by the carton that was not selected by a human hand at the store because "fresh" because it never has had moisture taken from it and has all the heartiness of the actual fruit.

The price of this product reflects its premium status, but Dierbergs' "home-squeezed" fresh orange juice at \$2.39 per half gallon compares at prices of as much as \$2.99 for national brands.

Several tasters who are fans of the premium variety liked what they tasted.

"The Dierbergs premium is comparable to national brands. It has a good fresh-squeezed taste, much better than frozen. We go through two to three cartons a week. I buy whatever is on sale. If nothing is on sale, this is a good alternative," a taster said.

Another uses it for its "comfort" value.

"I usually get the pre-

mium orange juice because I like the fresh-squeezed taste and the Dierbergs brand is very comparable. It's not too sweet, and I like tasting the pulp, just like my grandmother used to squeeze," she said.

Another looked at more than just the taste.

"The o.j. is good. It has some pulp, but not too much. It's just enough to show it's fresh. It has sweet flavor, too. Its color and appearance are good. I also like the pour spout, which is less messy and gummy than the old-fashioned way," she said.

There was a little left, so the carton was laid on its side in an office refrigerator overnight — gladly without a spill.

"I prefer eating oranges over drinking orange juice because I want the fiber, but when I have company, I always get this type, and appreciate not paying next week's salary for orange juice. Thus, I call it a bargain, too," a taster said.

One found it a new product.

"I only buy frozen and never have tried the premium, but I do like this type, and it's not that much more expensive than frozen."

Blue Ribbon Cook

Banana bars win; send in mom's best

Marcia Francis, Glen Carbon, Ill., is the winner of this week's dinner certificates from the Pasta House Co. for Sour Cream and Banana Nut Bars.

While the recipe is made with a packaged mix, its extra ingredients make it special, and the winner says a dessert appropriate for toting to a potluck dinner.

Recipes in the Mom's Best Recipe Contest will be accepted through April 30 for consideration as winner each of the five weeks in May. It can be for any type of dish.

Send one recipe per household to: Mom's Best Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of paper. Include name, address and telephone number and the name of the journal you receive. Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be part of the basis for selecting winners.

SOUR CREAM AND BANANA NUT BARS

1/2 cup (1 stick) butter or margarine
1/4 cup granulated sugar
1 egg
1 carton (8 oz.) sour cream
1 tsp. vanilla
2 pkg. (7 oz. each) banana-nut muffin mix
1 cup confectioner's sugar
2 tbsp. milk

Preheat oven to 350°. Grease 13-by-9-inch baking pan.

In saucepan over low heat, melt butter. Remove from heat.

Add one ingredient at a time. In order, stir in granulated sugar, egg, sour cream, vanilla and muffin mix. Mix well.

Spread batter in prepared pan. Bake in preheated oven 20 to 30 minutes until cake tests done.

Let cool in pan.

Combine confectioner's sugar and milk.

Brunch

Continued from page 1C
prefer a bowl of warm cereal by mixing a creamy wheat cereal with reduced-fat or nonfat cream cheese with fruit and a bit of sugar or sweetener. Fresh strawberries or blueberries can be added to the mixture and the top.

Match juices to foods at the brunch. Orange and apple are nice, but chili several, even those with extra ham. Make ham thin they have plenty of vitamin C. Small amounts of unusual fruit flavors often are based with apple juice, but still are fortified to offer its benefits. Unlike juice, fresh fruit offers fiber.

These are easy brunch

starters. The pancake base is Bisquick, although other baking mixes can be adapted.

LIGHT BAGEL

3 bagels, split
1/2 cup finely diced celery
1/2 cup sliced green onion
1 tbsp. chopped fresh dill or 1 tsp. dill weed
1 pkg. (6 oz.) reduced-fat, garden vegetable, cream cheese (from the deli)
12 cherry tomatoes, sliced
2 tsp. grated parmesan cheese

Micro Raves

By BARB GRAY

Pasta shapes up spring with eye on skinny meal

Pasta has style and class — any way you toss it or sauce it. Pasta, like the potato, is low-fat or no-fat, but what goes on top should have its own claim to fat, calories and sodium content. If shaping up the winter waistline is on your menu, look at the many excellent no-fat products — such as cottage cheese, cream cheese, margarine, mayonnaise and salad dressings.

Pasta can be cooked in a microwave oven. It takes about the same amount of time as being cooked conventionally because the pasta must be reconstituted, so saving time is not a factor.

Pasta is easy to cook when the basics are followed. Use a large pot and plenty of water because pasta needs room to move and circulate. Bring the water to boil before adding the pasta, then add it slowly and stir. Follow recommended cooking time on the package. Perfect pasta should be slightly firm in the center. Drain the pasta in a colander set in the sink.

Certified food and nutrition scientist Barb Gray specializes in microwave cooking.

VEGETABLE AND CHEESE PASTA

1 pkg. (7 oz.) uncooked

shell macaroni (1 1/4 cup)
1 pkg. (10 oz.) frozen chopped spinach
1 cup thinly sliced carrot
1 small onion, chopped
1 clove garlic, minced
1 tbsp. margarine
1/2 cup (12 oz.) nonfat cottage cheese
1/2 tsp. Worcestershire sauce
1 cup (4 oz.) shredded reduced-fat mozzarella cheese
2 tbsp. parmesan cheese

Cook macaroni as directed on package. Drain and rinse.

Microwave spinach in package on high power, removing wrapper if it is foil, 6 to 8 minutes — until spinach is hot. Open package and squeeze out excess moisture.

In 1 1/2-quart microwave-safe casserole, microwave carrot, onion, garlic and margarine on high power 3 to 5 minutes until tender-crisp. Add cottage cheese, Worcestershire sauce, macaroni and spinach. Mix lightly. Cover with casserole lid or plastic wrap, venting edge. Microwave on high power, stirring once, 7 to 8 minutes until heated through.

Stir in mozzarella cheese. Sprinkle with parmesan cheese.

Makes 6 servings, 265 calories each.

SALMON FETTUCCINI

4 oz. uncooked fettuccini
1 tbsp. margarine
1 small onion, chopped
3 cups fresh spinach leaves
1 can (7 oz.) red salmon, drained
1/4 cup reduced-calorie mayonnaise
1/4 cup plain low-fat yogurt
1/4 tsp. dill weed
Pinch pepper

Cook fettuccini as directed on package. Drain and rinse.

In 1 1/2-quart casserole, microwave margarine and onion on high power 1 1/2 to 2 minutes until onion is tender. Add spinach. Cover with lid or plastic wrap vented at one edge. Microwave on high power 3 to 3 1/2 minutes until spinach is limp.

Flake salmon with fork; remove any large bones. Add salmon, mayonnaise, yogurt, dill and pepper to spinach. Mix lightly.

Arrange fettuccini on microwave-safe serving plate. Top with salmon mixture. Microwave on high 3 1/2 to 4 minutes until heated through.

Makes 4 servings, 275 calories each.

By CYNTHIA FAUSER

Britain's disease threat beefs up cows' feeding

Travelers planning a trip to Great Britain should watch with interest as that country deals with health and economic implications of "mad cow disease."

As I write this, the British are planning a wholesale slaughter of their herds, while my daughter and her grandmother are touring England and Ireland. My best advice to them was to live on fish and chips, because when they left there was not much information about bovine spongiform encephalopathy (BSE) or diseases in humans to which it is linked.

Much of Europe has put a ban on imports of British beef. British grocers hastily put out brochures explaining their beef sources and are asking their store items that contain beef to be McDonald's, Wendy's and Burger King took beef off their United Kingdom menu several days until alternative sources could be found.

Attention is keen now because Cruetfeld-Jacob Disease, tentatively linked to BSE in humans, takes 10 to 40 years to manifest itself. People most at risk of developing problems are those who ate British beef before the 1990 ban.

Even so, most scientists say the risk is extremely small. Muscular meat and mire have been shown incapable of carrying the infection.

The infectious agent is found only in the spinal cord and brain of affected cattle.

Registered dietitian Cynthia Fauser is nutrition specialist for University Extension.

Is all this necessary? From a public confidence perspective, yes, it is.

However, the practice of adding sheep protein to beef feed, the cause of the problem, was banned in 1988, so the disease among beef animals has peaked and declined. British cattlemen are paying the high price of public outrage — in retrospect.

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Registered dietitian Cynthia Fauser is nutrition specialist for University Extension.

By University of Missouri system in St. Louis County.

SAVORY CHUCK STEAKS

4 boneless beef chuck eye steaks, cut 1 inch thick
1/4 cup steak sauce
2 tbsp. packed brown sugar
2 tbsp. fresh lime juice
1/2 tsp. ground red pepper

Combine steak sauce, brown sugar, lime juice and red pepper. Reserve 2 tablespoons marinade; place remainder in plastic bag with beef. Turn to coat meat. Close bag securely. Marinate 10 minutes.

Pour off and discard marinade. Broil or grill steaks over medium coals, 14 to 20 minutes for rare to medium. Brush with reserved marinade last 2 minutes.

Makes 4 servings; 266 calories, 4 g fat.

Heart-y Bites

By KITTY QUINN
Woman holds blueprint to health

Sue was typical. Her greatest health concern was breast cancer. Always worried about her cholesterol, she supervised what she ate. She stashed away cheeses and desserts for herself to avoid tempting him.

When her sister had a heart attack, she began to worry about heart disease. Sue's doctor said having this close relative suffer a heart attack increased her risk of having one too.

Sue had her own cholesterol checked and reviewed her risk of the disease in "Silent Epidemic: The Truth About Women and Heart Disease," a free pamphlet available from the American Heart Association by calling 45-HEART. To her surprise, twice as many women die from heart disease as from all forms of cancer. She assessed her risks.

Smoking is women's greatest risk. Her sister smoked, but Sue never did. She fell behind by being 20 pounds overweight and not exercising.

She was determined to do better. Her cholesterol test registered high, so she listened to a registered dietitian's counsel about low-fat eating.

Sue began to exercise and worked up to 30 minutes of brisk walking daily, faithfully using her husband's treadmill when the weather kept her inside. The simple act of walking helped reduce stress, another risk factor.

Because she was beginning to experience menopause, Sue and her doctor discussed estrogen replacement therapy. Some studies indicate it helps protect against heart disease.

Her gradual weight loss would be a positive "side effect," her doctor said, because many middle-aged, overweight people may develop diabetes, thus doubling the risk of heart attack.

Registered dietitian Kitty Quinn is a member of the nutrition committee of the American Heart Association.

HAITIAN RICE AND BEANS

1 tbsp. olive oil
3 green onions, chopped
1/2 cups frozen black-eyed peas
2 cups water
1/2 tsp. salt
cup uncooked rice
1/4 tsp. ground cloves
1/4 tsp. thyme

In large saucepan, saute onion in oil until transparent. Add black-eyed peas. Saute lightly.

Add water and salt. Bring to boil. Add rice, thyme and cloves. Reduce heat to simmer. Cook, covered, 25 to 30 minutes.

Makes 4 servings; 266 calories, 4 g fat.

UPSIDE-DOWN OVEN PANCAKES

1 pkg. (14 oz.) turkey sausage links
1/2 cup maple-flavored syrup
1/4 cup (1/2 stick) margarine or butter
1 cup all-purpose baking mix
2 tbsp. sugar

bline chocolate yogurt (from 4-ounce cartons) with fat-free sour cream, reduced-fat whipped topping or whipped cream, or use chocolate pudding.

Prepare sausage as directed on package. Keep warm.

In 13-by-9-inch baking dish, heat syrup and margarine in preheated oven until margarine is melted. Stir until well blended.

Stir together baking mix, sugar, milk, egg and oil. Carefully pour by scant 1/4 cupful in 4 portions over syrup mixture.

Bake 10 to 15 minutes until very light golden and top springs back when touched lightly in center.

SWISS MOCHA TURNOVERS

2 cups all-purpose baking mix
1 cup milk

Scoop out middle of each bagel half to make a shell and toast lightly.

Mix celery, onion and dill. Spoon into bagels.

Spread each bagel half with cream cheese. Top with tomato and parmesan cheese. Broil until cheese begins to soften.

Serve immediately. Makes 6 servings.

Today's Food

Filling lead pasta beyond spaghetti

Most Americans loved spaghetti and meatballs long before they knew what "pasta" was. In the last 25 years, Americans have learned pasta means versatility, great taste and easy, quick and healthy meals. Pasta has evolved into much more than just spaghetti and meatballs.

A popular variety of pasta on the market today is filled, which makes it "pasta-plus." It is pasta dough stuffed with delicious, savory blends of fine cheeses, vegetables, herbs, spices, chicken, beef or pork. It is available in a variety of delightful combinations, shapes and sizes.

Ravioli, often called tortellini on Italian menus, is a square or round-shaped filled pasta. Perhaps the most popular of filled pasta, ravioli is a staple on most Italian menus and a favorite main dish for kids.

Tortellini is believed to have been developed in the Emilia-Romagna region of Italy, an area famous for pasta, ham, sausage and parmesan cheese. According to legend, tortellini was created by a cook who was so enamored after catching a glimpse of the beautiful navel of Venus that he created a special pasta in tribute to the goddess.

Today, these small ovals of pasta are pinched around vegetable fillings.

Tortellini is an oversized version of tortellini. The literal translation of tortellini is "big tortellini."

Filled pasta can be enjoyed many ways. When entertaining, add seafood, meat or vegetables to a favorite pasta and sauce for a satisfying main dish.

Add tortellini to chicken stock, cook according to package directions and serve with a dollop of sour cream for a hearty soup.

Spear precooked tortellini on wooden skewers, alternating with cherry tomatoes, mushrooms and green pepper chunks for a terrific kabob.

These filled pasta dishes take an easy trek to the dinner table from the fresh pasta section of a refrigerator.



Ravioli gets top billing in this meal, but the sauce takes flavor from pesto, garlic, zucchini and eggplant.

ated case in a supermarket.

RAVIOLI CON PESTO

2 tbsps. olive oil
1 clove garlic, minced
1/2 cup sliced zucchini
1 cup diced eggplant
1/2 tsp. salt
1/4 tsp. pepper
1 pkg. (9 oz.) refrigerated ravioli, cooked, drained, kept warm
1 carton (7 oz.) refrigerated pesto, preferably with sun-dried tomatoes
2 tsp. chopped fresh parsley

In medium skillet, heat oil. Sauté garlic, zucchini and eggplant 2 to 3 minutes until vegetables are tender. Stir in salt, pepper, ravioli and pesto. Sprinkle with parsley before serving. Makes 4 servings.

RAVIOLI CON SALSA ALFREDO

1 tbsps. olive oil
1 clove garlic, minced
1 jar (4 oz.) artichoke hearts, drained, sliced
1 cup red and yellow bell pepper, cut in thin strips

2 tbsps. white wine or chicken broth
1 pkg. (9 oz.) refrigerated cheese ravioli, cooked, drained, kept warm
1 carton (10 oz.) refrigerated alfredo sauce
1 tsp. chopped fresh parsley

In medium skillet, heat oil. Sauté garlic 1 minute. Add artichoke hearts, bell pepper and wine. Cook 2 to 3 minutes.

Add ravioli and alfredo sauce. Heat 1 minute. Toss to coat well.

Sprinkle with parsley to serve. Makes 4 servings.

Recipe

ITALIAN VEGETABLE HEROES

1/2 cup pickled hot or mild giardiniera vegetables, drained
1/2 cup sliced ripe olives
1/4 cup chopped fresh Italian parsley or leaf basil
1/2 cup reduced-calorie or regular Italian salad dressing
2 cups (8 oz.) shredded Italian cheese blend
1 loaf (1 lb.) Italian bread, 14 inches long or 10 inches round
Spinach or romaine lettuce leaves
6 oz. Genoa salami or

not cared for properly. It is important to clean lenses and disinfect them. Some may require use of an enzymatic cleaner weekly.

Many problems experienced by contact lens wearers are related directly to cleaning and disinfecting. Some products contain preservatives or other ingredients that may cause sensitivity. Luckily, there are enough choices on the market for many lenses that, with the help of a pharmacist, an alternate product usually can be chosen.

It is important for contact lens wearers to have annual eye exams. If the shape of the cornea has changed, the contact lens will not fit properly.

Those who wear soft contacts have many choices in eye care products. Choosing a product on your own may seem overwhelming.

In spite of their small size, soft lenses contain a high percentage of water, so are particularly prone to bacterial contamination if

you forget.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at St. Louis College of Pharmacy.

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Today's Food

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- Winning posters will be featured in the Suburban Journals.
- Winners will appear on KPLR-TV's St. Louis 11 Kids Club in June.
- All posters will be displayed at the Humane Society of Missouri's BARK in the PARK on June 9, 1996 at Queeny Park.

Contest Rules:

1. Posters must feature at least one animal and must be the original work of the entrant.
2. Posters must be 8 1/2" x 11" on a single sheet of paper.
3. The poster must be limited to paints, watercolors, crayons, colored pencils, markers or any combination of the previously mentioned. No glitter, fluorescent colors, 3-D components, or computerized layout, design and printing.
4. Participants may enter as many times as they wish. Each entry must be accompanied by a completed entry form and the entrant may only win once.
5. Entries must be postmarked by May 11, 1996 or dropped off at the Humane Society of Missouri (1210 Macclind Avenue) by 5:00 p.m. on May 11, 1996.
6. All entries become the property of the Humane Society of Missouri which reserves the right to reproduce, publish or exhibit posters that are submitted for pick up at the Humane Society of Missouri's BARK in the PARK from 10:00 a.m. to 4:00 p.m. at Queeny Park on June 9, 1996. No posters will be returned by mail.
7. One winner in each age category (ages 5-7, 8-11, 12-14) will be chosen in each of the seven Suburban Journal circulation zones, for a total of twenty-one (21) winners. By entering the contest, entrants give the Humane Society of Missouri and BARK in the PARK, and also used for other promotional purposes, as well as having their names and ages published in the Suburban Journal on note cards and tickets to be sold by the Humane Society of Missouri.
8. Employees and families of the Humane Society of Missouri, Suburban Journals, its parent companies, and KPLR-TV's St. Louis 11 Kids Club are not eligible to enter the contest.
9. Contest winner will be notified by Monday, May 20, 1996.

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Grapes perform deliciously

There are wonderful new grape varieties now available fresh off the vines. Picked at their peak of summer in the southern hemisphere as far away as South Africa, these grapes bearing the names of Bonheur, La Rochelle and Alphonse Lavallée are as luscious as their names suggest.

—A tasty and nutritious as they are to eat out of hand, they do double duty as a "secret" ingredient in imaginative dishes.

Pork tenderloin becomes a simple, yet elegant, dish for guests when it is served with a curried grape sauce.

Lean pork tenderloin pairs well with the subtle flavor of fresh ginger and curry in a sauce accented with chutney and grapes. A dash of cream is added to round out a sauce equally good when boneless chicken breasts are substituted for the pork.

Carrots are a colorful food. Juicy grapes dress up this humble root vegetable. Add them at the end so they are just heated through.

PORK TENDERLOIN WITH GRAPE-CURRY SAUCE

1 1/2 lb. pork tenderloin, sliced 3/8 inch thick

1 tbsp. oil

3/4 cup chopped shallot

1 large clove garlic, minced

1/2 cup minced ginger root

3/4 cup chicken stock or broth

1 tsp. cornstarch

3 tbsp. fruit chutney, such as mango or papaya

1/2 cup curry powder or to taste

1/4 cup heavy cream or evaporated milk

1 cup grapes, halved, seeded

Salt and pepper

2 tbsp. chopped fresh coriander or parsley, if desired

Heat large nonstick skillet over high heat. Cook pork in oil until browned

• Add grapes. Heat through. Season with salt and pepper to taste.

To serve, sprinkle with parsley.

Makes 6 servings.

SOFT TORTILLAS

When flour tortillas stick together, microwave them 5 to 10 seconds per tortilla and immediately pull apart.



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FEELING FIT

By Mark Lymberopoulos
Staircase is a built-in fitness machine. Home climbing stairs burns up 300 calories an hour for a 110-pound woman, 480 for a 175-pound man. Stair climbing cuts heart attack risk, too.

Work out before you eat, never immediately after a meal. You should wait at least an hour.

Don't clutch tightly on dumbbells or even machine grips. It may raise your blood pressure as you exercise.

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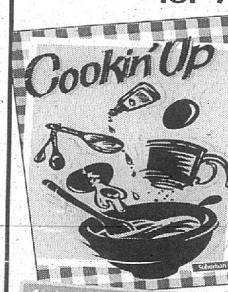
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Today's Food

Good Health

By MELANIE POLK

Cake has sweet values worth chef's redemption

Most people think of cake as being packed with sugar and fat with no redeeming health benefits. On the other hand, they also would agree life would not be as much fun without it.

Thus, it is fortunate creative, health-conscious bakers have ways to produce delicious cake not only low in fat and calories, but also providing nutrition with vitamins, minerals and dietary fiber.

What is the "stuff" of cake?

Butter and eggs make cake moist and palatable, but are major sources of fat and calories. Dryness in low-fat cake can be solved with other nutritious and low-fat moistening agents — from applesauce and fruit purees to zucchini — to substitute for half or even all of a recipe's butter

or margarine.

Flour contributes a major portion of cake calories so it is important to use whole-wheat flour, which provides protein, iron, B vitamins and fiber. Bread-like cake even benefits from its robust flavor and heavier texture.

Frosting adds hundreds of calories and lots of fat. Instead, consider fruit, festive colors and a wide range of luscious flavors along with few calories and many nutrients.

Another option is to mix a nonfat frosting by combining 1 cup confectioner's sugar, 1 teaspoon grated orange peel and 2 teaspoons orange juice. For chocolate frosting, combine 1/2 cup confectioner's sugar, 1/2 cup cocoa, 1 tablespoon skim milk, 1/2 teaspoon chocolate extract, 1/8

teaspoon butter flavor and a pinch of salt.

When it comes to indulgence, trim cheesecake by using whole-wheat flour, which provides protein, iron, B vitamins and fiber. Bread-like cake even benefits from its robust flavor and heavier texture.

For a chocolate addict, give this version of classic angel food cake a mix.

For a Mother's Day present, the American Institute of Cancer Research suggests ordering "Lighthearted Everyday Cooking," its cookbook of low-fat recipes from Anna Lindsay. Send a check for \$16.95 to American Institute for Cancer Research, Department CBS, Washington, D.C. 20069. To charge it by phone, call toll-free 1-800-843-8114 week-

days. Registered dietitian Melanie Polk is director of nutrition education for AICR in Washington.

1/2 cup skim milk
6 cups canned sliced peaches in juice, drained

35 to 40 minutes until top crust is firm and looks dry. Do not underbake.

Cool, hanging upside down on bottle or funnel about 1 1/2 hours. Using knife, carefully loosen from side of pan.

Gently fold cocoa powder into frosting until well blended. Pour into ungreased 10-inch tube pan.

Gently spoon vanilla batter on top. Run knife or metal spatula thorough batter to marble it.

Bake in preheated oven

Stir together yogurt and milk until smooth. Cut cake in twelve (2-inch) slices. Spoon 3 to 4 tablespoons yogurt sauce over each slice and top with peaches.

Makes 12 servings, 250 calories and 1 g fat each.

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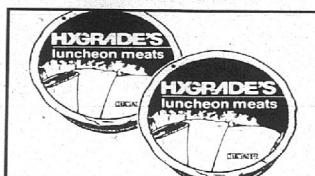
Lean Tender
Beef Stew

189
lb.



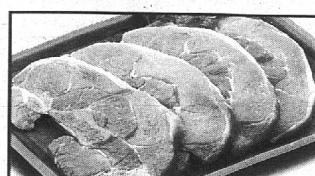
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1 L.B.
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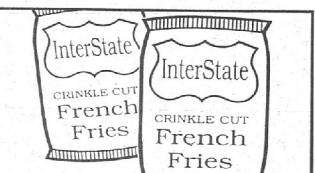
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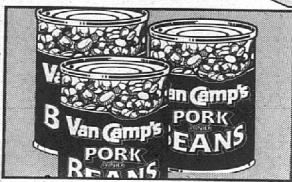
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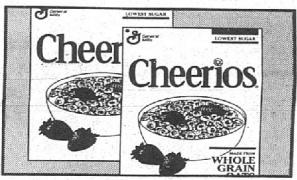
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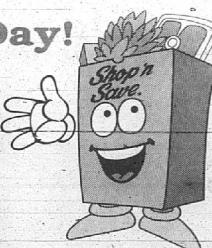
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J&B Scotch.....	1349
750-ML BTL	
Gilbey's Gin.....	1049
1.75-LTR. BTL	
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3.5 OZ. TOOTHPASTE
OR 5.2 OZ. REFILL
Mentadent

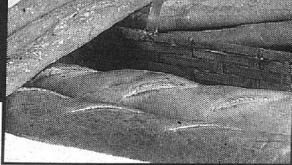
279
OR 10 OZ.
MOUTHWASH

375 CT. JOHNSON & JOHNSON COTTON SWABS OR Shower to Shower Powder.....	199
8-OZ. PKG.	
SOLID, CLEAR OR ROLL-ON Ban Deodorant.....	199
1.5-1.75 OZ. PKG.	
OUR LOW SALE PRICE \$3.49 HONEY LEMON OR CINNAMON SPICE Correctol Tea....	249
15-CT. PKG. AFTER \$1.00 OFF COUPON AVAILABLE IN-STORE	

4-CT. 40, 60, 100 WATT OR 1-CT. 3 WAY G.E. Softwhite Light Bulbs.....	159
BRIGHT STRIPS OR 3M Active Strips.....	2/3
15-OZ. SHAMPOO OR 8-OZ. CONDITIONER Agree.....	199

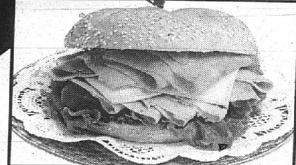
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Bakery, Deli,
& Seafood not
available at
all stores



Fresh Baked
French Bread

99¢
16-OZ.
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Mickelberry
Deli Ham

399
lb.

ALL VARIETIES
Fresh Bagels.....

139
5-CUT. PKG.

8-INCH German
Chocolate Cake..

399

ALL MEAT, GARLIC OR
Eckrich Beef
Bologna.....

269
lb.

Mickelberry
Deli Ham.....

399
lb.

WISCONSIN
American
Cheese.....

369
lb.

FARM FRESH
Whole
Catfish.....

289
lb.

Batter Dipped
Fish Fillets.....

199
lb.

Whole
Whiting.....

139
lb.

More Great Values In-Store!

04173C

Save You More!

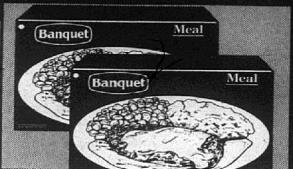
DAIRY & FROZEN FOOD VALUES!



ASSORTED VARIETIES
Tony's Italian
Pastry Pizza

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14-17.75 OZ.
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ASSORTED VARIETIES
Banquet Frozen
Dinners

89¢

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PKG.



ASSORTED VARIETIES
Dannon Lite
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PINEAPPLE, ORANGE BANANA, OR
PINEAPPLE ORANGE
Dole Juice

199

64-OZ. CTN.

STACK PACK
Hautly American
Cheese..... **499**

3-LB. PKG.

ASSORTED VARIETIES
Michelina
Entrees..... **88¢**

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OZ. PKG.

CHILLED OR OLD FASHION
Florida Gold
Orange Juice..... **2/\$4**

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ASSORTED VARIETIES
Banquet Family
Frozen Entrees..... **3/\$5**

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PKG.



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WITH SHOP 'N SAVE BRAND CEREAL!

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Raisin Bran
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2/\$3

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Shop 'n Save
Tasty O's Cereal

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Corn Flakes Cereal

119

18-OZ. BOX

Shop 'n Save Frosted
Flakes Cereal

2/\$3

20-OZ. BOX

Shop 'n Save
Fruit Rings.....

2/\$4

15-OZ.
BOX

SHOP 'N SAVE
Honey Nut
Tasteeos Cereal.... **2/\$4**

14-OZ.
BOX

Shop 'n Save
Crispy Rice Cereal

2/\$3

15-OZ.
BOX

Shop 'n Save
Magic Stars Cereal **2/\$4**

14-OZ.
BOX

Shop 'n Save
Crisp Crunch Cereal **2/\$4**

16-OZ.
BOX

Shop 'n Save
Cocoa Crunchies... **2/\$4**

13.75
OZ. BOX

MOZZARELLA OR CHEDDAR
Shop 'n Save
Shredded Cheese. **129**

8-OZ. PKG.

WHITE SANDWICH
Shop 'n Save
Bread..... **89¢**

24-OZ.
LOAF

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Baseball Ticket!

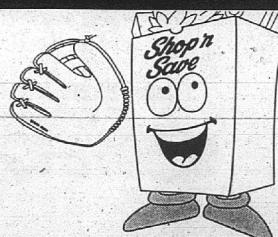


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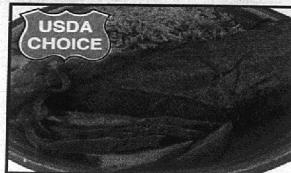
TENDERBIRD FROZEN
Boneless Skinless
Chicken Breast

699
3 POUND
BAG

FRESH. PERDUE
Turkey Wings
or Drumsticks... 89¢
lb.

Bob Evans
Pork Sausage..... 199
1-LB. ROLL

6-7 LB. AVG. YOUNG
Lil' Butterball
Turkey..... 99¢
lb.



USDA CHOICE CORN FED BEEF
Boneless
Charcoal Steak

179
lb.

Circle A
Beef Patties..... 399
5-LB. BOX

BROWN & SERVE
Swift Premium
Sausage..... 109
7-8 OZ. PKG.

Swift Premium
Sizzling Bacon.... 159
12-OZ. PKG.

USDA CHOICE CORN FED BEEF

Boneless Shoulder Roast

159

1lb.



FUN PACK
Oscar Mayer
Lunchables

2/\$3
11.2-12.2
OZ. PKG.

CHUNK
Hunter
Braunschweiger... 149
1-LB. PIECE

ASSORTED VARIETIES
Banquet Family
Entrees..... 299
28-OZ. PKG.

CHOPPED HAM OR
Oscar Mayer
Ham & Cheese.... 2/\$4
1-LB.
PKG.

HUDSON ALL NATURAL
Boneless Skinless
Chicken Thighs

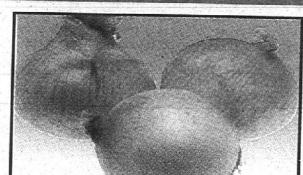
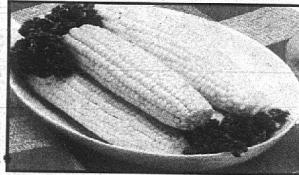
159
lb.

USDA CHOICE
CORN FED BEEF
Boneless
Rib Eye Steak... 499
lb.

Seitz
Corn Dogs..... 159
1-LB. PKG.

STICKS OR PORTIONS
Gorton's
Value Pack Fish... 349
24.5-OZ. PKG.

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Sweet
Yellow Corn

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Dole Complete
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Radishes..... 58¢
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398
HALF FLAT

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Red or Golden
Delicious Apples 78¢
lb.

CALIFORNIA, 113 CT.
Navel
Oranges..... 6/98

*The Finest Quality
& Selection!*

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Sweet 1015
Yellow Onions

38¢
lb.

95 COUNT
Sunkist
Lemons..... 3/98

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Veggie Dips..... 198
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Ozark Microwave
Popcorn..... 3/\$1
32-OZ.
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Exotic Varieties!
NOT AVAILABLE AT ALL STORES

FRESH
Papayas..... 128
lb.

FRESH
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EACH

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Broccoli Wokly..... 258
16-OZ. PKG.

FRESH
Cilantro..... 98¢
BUNCH

MELISSA'S
Black Wild Rice... 298
24-OZ. PKG.

MELISSA'S
Pinenuts..... 248
3-OZ. PKG.



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